PET RECIPES

"*The* MOST NEARLY PERFECT FOOD"

"Milk has been called by its enthusiastic proponents the modern elixir of life. Without dealing in superlatives, it can indeed be said that milk is the most nearly perfect of human foods, for it is the only single article of diet which contains practically all of the elements necessary to sustain and nourish the human system."

Book by

SAMUEL J. CRUMBINE, M.D., *Gen. Executive American Child Health Association, and* JAMES A. TOBEY, Dr.P.H., *formerly Secretary National Health Council*. Published 1929.

In the same book it is said:

"One cannot contemplate with fortitude the hundreds of recorded epidemics of serious infectious diseases that have been definitely established as milk-borne, and the unknown other hundreds, the origin of which has not been recorded owing to the lack of epidemiological study of this group of epidemics * * *."

"The greatest typhoid fever epidemic of modern times, occurred in Montreal, Canada, in 1927, involving 5002 cases and 533 deaths, and a serious septic sore throat epidemic of Lee, Massachusetts, occurring in 1928, in which there were about 1000 cases and 45 deaths, are sad but challenging conditions to which milk producers and distributors, as well as health officials, must give their best thought and efforts if such tragedies are to be prevented in the future."

How Much Milk?

The authors from whom the above quotations are taken say:

"It has been frequently pointed out in this book that a quart of milk in some form is desirable and necessary to promote and maintain the growth, health and physical efficiency of every child, at least to the age of twelve. This quantity has been determined by scientific experiment as the minimum and is agreed upon by all progressive physicians and nutritional experts."

"This quantity is none too much for the adult. * * *"

The Health Rule For Milk

The foregoing quotations from these late and eminent authorities very definitely suggest the health rule which applies to milk. We believe that every authority would approve it, expressed in these words:

"Give your family plenty of milk—at least a quart a day for the children and at least a pint, preferably a quart, for the adults—and *be sure* that it is pure, rich, safe milk."

IF YOU HAVE A BABY *that needs milk from a bottle, let us send you, without charge, our specially prepared book about Pet Milk for babies. It will give you much valuable help in the care of your baby.*

OUR purpose in publishing this book and presenting it to you is not so much to tell you the rule of better health and vigor, as to tell you how and why Pet Milk will help you to keep to the rule. No one wilfully uses bad milk, but often it is a problem to know whether milk is good. None wilfully deprives children or adults of the milk they ought to have. But it is not always simple to get either children or adults to drink—or to "eat" the required amount. Pet Milk helps to solve both problems.

Pet Milk Is Not a Substitute for Milk. It *Is* Milk

Pet Milk is pure, fresh milk produced in the best dairying sections of America on farms under our supervision. It comes to our plants within a few hours after it comes from the cow, when it is fresher by many hours than the bottled milk when it is delivered to you. Before the fresh milk is accepted at our plants, it is carefully inspected for purity, freshness, cleanness and richness.

Let us tell you how all the good qualities are kept in the milk—how it is brought to you fresher, richer and safer—how it is better in all respects than any other form of milk.

Milk That's Surely Safe

No human being ever contracted an infectious disease from Pet Milk. It cannot be done, and the reason is as plain as the fact is sure. Pet Milk comes to you in a sealed container. It is protected with perfect security from any contamination. But more than that—it is made absolutely free from any disease-bearing germ by sterilization *after* it is put in this container. This also protects and preserves the freshness of the milk. It comes into your home as fresh as when it left the farm—as safe as if there were no germ of disease in the world. Pasteurization renders milk free from harmful germs *at the time* it is pasteurized. But a bottle of pasteurized milk allowed to stand for a week will surely sour and spoil. A can of Pet Milk—more than pasteurized, sterilized in the sealed can—will keep pure and fresh and safe for a month, or a year, on your pantry shelf.

New Type Recipes

The recipes that are found in most cookbooks call for ordinary bottled milk. In following such recipes you can use Pet Milk

by diluting it with an equal part of water and using the same quantity as would be used of bottled milk. Pet Milk in such cases will give you better food for it is more than twice as rich as bottled milk. But the recipes here given do something more.

To Put More Milk In The Diet

The recipes in this book are prepared especially for the use of Pet Milk. They are designed to make better food. We know you'll find that in texture and taste the food is better. But beyond that, and much more important, you'll find that these recipes in many cases accomplish for you what every authority on nutrition says you need to do—put more milk in the daily diet of every member of your family.

In Many Ways

You will find in the different sections of the book many ways in which this desirable result is accomplished. Among the beverages you will find the milk and fruit juice drinks combinations that give wide variety and are so delicious as to be most useful for adults as well as for children. Under desserts you will find recipes that use the whole, double-rich milk where cream would ordinarily be used, making much more wholesome food. In every subdivision of the book, you'll find some of these practical, new recipes that will give your family more of this most necessary and wholesome food.

And It Will Cost You Less

It's strange, but true, that Pet Milk generally costs less than ordinary bottled milk. Do not be misled to think that it must therefore be inferior in some respects. It is not so. Pet Milk sells for less money because of the economy of its distribution. Having only half the weight of bottled milk, its transportation cost is only half as much. Indeed, it's much less than that, for Pet Milk is shipped by freight, whereas bottled milk has to be sent to the cities by fast express. Then it is sold by grocers—a much more economical method than the delivery of a bottle on your doorstep every day. In this respect, Pet Milk is the thing that everyone has been wishing for—good food economically distributed.

Martin Kaiser

BEVERAGES

FOR children to drink as plain milk—for grownups and children in fruit juice combinations—for chocolates and cocoas—for all the milk drinks there are—Pet Milk has no equal.

The First Essential

Safety is, of course, the first and vital essential of milk for drinks of any kind. And this quality is possessed by Pet Milk as by no other form of milk. No child ever contracted diphtheria or scarlet fever—no person of any age ever contracted typhoid fever or septic sore throat or any other infectious disease from Pet Milk. Every drop of every can of Pet Milk *has to be* sterilized. Nothing is left to chance or accident. It is made safe by established and approved scientific method. When you give your family Pet Milk in any form, you *know* it is safe milk.

The Quantity They Need

As plain milk to drink, Pet Milk will help you, as no other form of milk can, to give your children the quantity of milk they ought to have. If you have trouble to get them to drink the required amount of milk, give them Pet Milk undiluted. A glass of Pet Milk is equal to a full glass of extra-rich milk. Two-thirds of a glass of Pet Milk, three times a day, gives the child his quart of milk.

Milk and Fruit Juice Drinks

Here is something that can't be done with any other form of milk—make delicious drinks with Pet Milk and the fruit juices. Orange, grape, pineapple—any of the fruit juices, squeezed from the fruit or taken from can or bottle—will blend with Pet Milk to make wonderful drinks. When children tire of milk, these drinks stimulate the appetite while giving them the milk they ought to have. For grown-up members of the family, they provide a delightful beverage, at the same time giving them milk they need. For guests, they provide refreshment that will be talked about.

The Flavor of the Milk

Pet Milk has its own distinct flavor, due to its extra richness and its pure safety. If your children think the flavor queer at first, begin giving them Pet Milk by adding some to the ordinary milk they've been drinking. Increase the quantity from day to day. They'll soon be drinking Pet Milk alone, diluted with an equal part of water or undiluted, and then they'll like no other form of milk so well. In the flavored milk drinks, the flavor of the milk blends with the other flavors to make superior drinks.

BEVERAGES

½ cup orange juice 1 teaspoon lemon juice Sugar to taste ⅓ cup Pet Milk diluted with ⅓ cup water	Mix fruit juice with sugar. Add diluted milk slowly. Cool with ice to suit taste. Shake thoroughly. Makes 1 serving. NOTE: *An ordinary Mason jar will serve as a shaker.*	**ORANGE NOG**
⅓ cup bottled loganberry or grape juice 1 teaspoon lemon juice Sugar to taste ½ cup Pet Milk diluted with ½ cup water	Mix fruit juice with sugar. Add diluted milk slowly and cracked ice to suit taste. Shake thoroughly. Makes 1 serving.	**LOGANBERRY OR GRAPE JUICE FRAPPE**
½ cup prune juice 1 teaspoon lemon juice Sugar to taste ½ cup Pet Milk diluted with ¼ cup water	The juice obtained by slowly boiling ½ pound of prunes in 3 cups of water for a half hour is suitable for this recipe. The lemon juice may be omitted. Mix as for Orange Nog. Makes 1 serving.	**PRUNE NOG**
1½ tablespoons lemon juice ⅓ cup pineapple juice 1 tablespoon sugar ½ cup Pet Milk diluted with ¼ cup water	Mix all ingredients in order given with cracked ice to suit taste and shake thoroughly. Makes 1 serving. NOTE: *The left-over juice from canned pineapple is delicious in this drink.*	**PINEAPPLE FRAPPE**
Pet Milk Bottled sarsaparilla or root beer	Pour Pet Milk over cracked ice in glass until glass is ¼ full. Fill to top with sarsaparilla or root beer and stir thoroughly. Makes 1 serving.	**BLACK COW**
4 tablespoons Pet Milk 1 cup ginger ale	Add milk to ginger ale. Cover tightly and shake well with cracked ice to suit taste. Makes 1 serving.	**GINGER CREAM**
1 egg, separated 2 tablespoons sugar ⅓ cup Pet Milk diluted with ⅔ cup water 1 teaspoon vanilla, rum or sherry flavoring	Beat yolk of egg; add sugar, diluted milk and flavoring. Beat white of egg stiff and add. Stir briskly, pour into glass and serve very cold. Makes 1 serving.	**EGG NOG**
1 egg ⅓ cup Pet Milk diluted with ⅓ cup water ¼ cup pineapple juice Speck salt Nutmeg	Mix ingredients and beat until light. Chill. The nutmeg is best sprinkled on the top. Makes 1 serving.	**PINEAPPLE EGG NOG**
½ cup Pet Milk diluted with ½ cup water 3 tablespoons orange juice 1 tablespoon sugar ¾ teaspoon root beer extract 1 egg ⅛ teaspoon salt	Combine ingredients in order given and shake well with cracked ice to suit taste. Makes 1 generous serving. NOTE: *Serve this nourishing beverage with Black Walnut Cookies (see Cakes, Cookies, page 22) for late evening refreshments.*	**ROOT BEER EGG SHAKE**

ICED COFFEE WITH ORANGE	Wash oranges, remove thin paring of rind (being careful not to use any of the white part). Boil the rind with sugar and water 10 minutes. Cool, strain and add coffee. Just before serving add orange juice and milk and serve ice cold. Serves 6.	2 medium-sized oranges, (rind and juice) ½ cup sugar 1 cup water 4 cups cold coffee ¼ cup Pet Milk
MOCHA MILK SHAKE	Melt chocolate in hot water and add other ingredients in order given. Shake well with cracked ice to suit taste. Makes 1 large or 2 small servings.	2 tablespoons grated chocolate 3 tablespoons hot water ½ cup Pet Milk 1 cup strong coffee 2 tablespoons sugar ½ teaspoon vanilla
MOCHA MALTED MILK	Mix together in the order given and shake well with cracked ice to suit taste. Makes 1 generous or 2 small servings.	1 tablespoon malted milk ½ cup Pet Milk diluted with ½ cup water ¼ cup strong coffee Few grains salt
CHOCOLATE	Melt chocolate in pan over hot water; add sugar, salt and gradually 1 cup of boiling water. Stir until smooth, then place pan directly over fire and boil 1 minute. Add milk and remaining boiling water. Beat with egg beater just before serving. Serves 6.	1½ squares unsweetened chocolate ¼ cup sugar Few grains salt 2⅔ cups boiling water 1⅓ cups Pet Milk NOTE: *Serve either hot or iced. For Iced Chocolate, cool and pour over cracked ice to suit taste.*
COCOA	Mix cocoa, sugar and salt together and add water a little at a time, stirring constantly to keep the mixture smooth. Keep stirring and boil 5 minutes. Add milk and heat thoroughly in a double boiler or over hot water. Beat well with egg beater and add vanilla. Serves 6.	4 tablespoons cocoa 5 tablespoons sugar ⅛ teaspoon salt 2 cups boiling water 2 cups Pet Milk ¼ teaspoon vanilla NOTE: *May be served hot or iced. (See note under Chocolate for directions.)*
CHOCOLATE MALTED MILK	Mix in the order given and shake with cracked ice to suit taste. Makes 1 serving.	1 tablespoon grated chocolate, melted ½ cup Pet Milk diluted with ½ cup water 1 tablespoon malted milk
TOMATO JUICE COCKTAIL	Pour tomato juice into milk, stirring vigorously. Add ice, then seasonings. Serve immediately in chilled glasses. Serves 8. NOTE: *1 cup of Pet Milk is introduced into this cocktail which in most cases contains no milk. This adds greatly to its food value.*	3 cups tomato juice, chilled 1 cup Pet Milk, chilled 1 cup cracked ice ½ teaspoon celery salt 1 teaspoon salt Dash black pepper

BREADS

THERE are people who think that home baking has gone out of style. But there are many women who like to give their families, part of the time, at least, home-baked bread and cakes. When you want to do so, you'll find Pet Milk invaluable. Its regular, even quality and richness makes good results possible always.

More Wholesome Bread

Calcium in the diet is absolutely necessary for building and maintaining sound teeth and sturdy bones. It is essential, also, to maintain normal activity of the heart and to keep the nerves steady. For children the need is especially great because teeth and bones are being built. But even for adults a certain quantity must be supplied every day to replace that which is used up in the body's activities.

One may not think of bread as offering special opportunity for increasing the calcium in the diet, and yet it does. Milk is the best source of food calcium we have at our disposal. And an extra amount of milk may be put in the bread if Pet Milk is used, because Pet Milk contains but half as much water as so-called fresh milk—consequently contains twice the amount of solids—twice the amount of calcium. By taking this fact into account, bread recipes may be modified to increase the calcium content without affecting the excellence of the result.

For Sandwich Fillings

Sandwiches are dainty things for many occasions. Of course, people no longer hold to the heavy meat style. You'll find here recipes for several kinds of sandwiches where Pet Milk is used. And always you'll find the sandwiches better for the milk that's in them.

Temperature Guide for Oven Cookery

Temperature Registered	*White paper turns light brown in*	*Flour, sprinkled on tin plate turns light brown in*
Slow oven 250° - 350°	2 minutes	5½ minutes
Medium oven 350° - 400°	1 minute	3 minutes
Hot oven 400° - 500°	30 seconds	1 minute

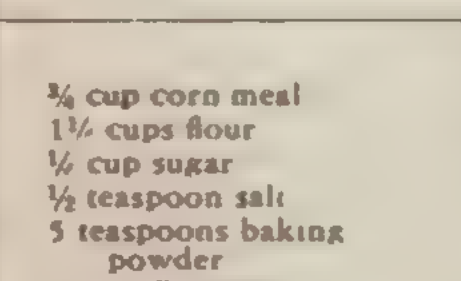
Temperature Guide for Deep Fat Frying

Temperature Registered	*Cube of bread will become a light brown color in*
360° - 370°	About 55 seconds
370° - 380°	About 50 seconds
380° - 390°	About 45 seconds
390° - 395°	About 40 seconds

BLUEBERRY MUFFINS

- 2 cups flour
- 3 tablespoons sugar
- 4 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup Pet Milk diluted with
- 6 tablespoons water
- 1 egg
- 3 tablespoons shortening
- 1 cup blueberries

Mix and sift the dry ingredients. Add diluted milk, well-beaten egg and melted shortening. Add blueberries. Bake in greased muffin pans in a hot oven (425° F.) 25 minutes. Makes 18 muffins about 2 inches in diameter.



NOTE: *Stir liquid quickly into dry ingredients in 18 to 20 seconds. If speed is used in this stirring, it will be possible to moisten all the flour and give four or five extra stirs in the 20 seconds and a fine texture muffin will result. Time and speed of stirring are most important. Pour batter instantly into tins. Compact and ill-shaped muffins result from too much stirring.*

PLAIN MUFFINS

- 2 cups flour
- 4 teaspoons baking powder
- 2 teaspoons sugar
- 1 teaspoon salt
- 1 egg
- ½ cup Pet Milk diluted with
- ½ cup water
- 2 tablespoons melted shortening

Sift flour, baking powder, sugar and salt together. Beat egg, add diluted milk and melted shortening. Stir into dry ingredients a little at a time, mixing thoroughly. Pour into hot, greased muffin tins and bake in hot oven (400° F.) 20 to 25 minutes. Makes 12 muffins, 2 inches in diameter.

CHEESE STRAWS

- 1 cup pastry flour
- ½ teaspoon salt
- 1 cup grated cheese
- 4 tablespoons cold shortening
- 2 tablespoons Pet Milk diluted with
- 1 tablespoon water

Sift flour, then measure. Resift with salt. Add grated cheese. Work shortening into dry ingredients until appearance is like dry, coarse corn meal. Add diluted milk and blend well with a fork. Some flours absorb more liquid than others. Add only enough diluted milk to make dough soft enough to roll out. Cut into narrow strips and bake in hot oven (450° F.) until light brown. Makes 3 dozen.

CORN STICKS

- ¾ cup corn meal
- 1¼ cups flour
- ⅛ cup sugar
- ½ teaspoon salt
- 5 teaspoons baking powder
- ½ cup Pet Milk diluted with
- ½ cup water
- 1 egg
- 1 tablespoon melted shortening

Mix and sift dry ingredients. Add diluted milk, egg well beaten and shortening. Bake in corn stick or muffin pan which has been greased well, in hot oven (400° F.) 25-30 minutes. Makes 14 sticks or muffins.

NOTE: *A delicious variation can be made by filling the individual pans about one-third full of batter then adding teaspoon of very firm jelly before filling the pans with batter to the usual level.*

PLAIN BISCUITS

Sift flour, baking powder and salt together. Cut in shortening. Stir in diluted milk with fork. Put on floured board, roll lightly and cut into rounds. Bake on ungreased pan in hot oven (450° F.) 10 minutes or until brown. Makes 18 biscuits, 2 inches in diameter.

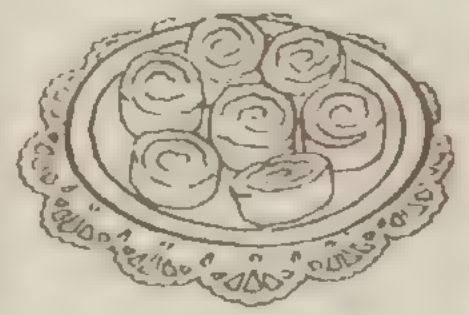
NOTE: *This dough may be used as a crust for meat, poultry or fish pies. Brush with undiluted Pet Milk to brown nicely.*

- 2 cups flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 3 tablespoons shortening
- 6 tablespoons Pet Milk diluted with
- 6 tablespoons water

Orange Tea Biscuits: Add grated rind of 2 oranges to plain biscuit recipe. Cut and place on top of each biscuit ½ cube loaf sugar that has been dipped in orange juice. Bake as for plain biscuits.

Cheese Biscuits: Add grated cheese to the dry ingredients of plain biscuits. Roll out and bake as for plain biscuits.

Butterscotch Biscuits: Roll plain biscuits to ¼ inch thickness. Spread surface with 4 tablespoons melted butter and ¾ cup brown sugar. Sprinkle with nuts. Roll up like jelly roll, cut in ¾ inch slices and bake in greased muffin pans 12 to 15 minutes.



Shortcake: Use biscuit recipe, increasing baking powder to 3 teaspoons, shortening to 5 tablespoons and adding 2 tablespoons sugar to sifted flour. Mix and bake in usual way. While hot, break open, spread with melted butter and add crushed, sweetened fruit to lower part. Replace cap and cover with more fruit. Makes 6 shortcakes, 3 inches in diameter.

BRAN MUFFINS

Cream shortening and sugar together. Add the beaten egg. To the sugar mixture, add flour, baking powder and salt that have been sifted together. Add milk and bran alternately, beating well after each addition. Pour in greased muffin tins; bake in hot oven (400° F.) until golden brown. Makes 9 muffins, 2 inches in diameter.

- 2 tablespoons shortening
- ¼ cup sugar
- 1 egg
- ½ cup flour
- 3 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup Pet Milk
- ½ cup bran

POPOVERS

1 cup flour
½ teaspoon salt
¾ cup Pet Milk diluted with
6 tablespoons water
1 egg

Mix flour and salt. Add diluted milk gradually and blend until smooth. Add unbeaten egg and beat with a rotary beater until free from lumps and full of bubbles. Turn into very hot greased custard cups or heavy muffin pans and place in a hot oven (450° F.). After 20 minutes reduce the heat to moderate (350° F.) and bake 25 minutes longer. Makes 8 popovers about 2 inches in diameter.

WAFFLES

2 cups flour
2 tablespoons sugar
1 teaspoon salt
4 teaspoons baking powder
3 eggs, separated
1 cup Pet Milk diluted with
1 cup water
7 tablespoons shortening, melted

Mix flour, sugar, salt and baking powder together. Beat egg yolks until lemon colored. Add diluted milk and melted shortening. Pour slowly into dry ingredients and beat until smooth. Fold in well-beaten egg whites. Bake in hot waffle iron. Makes 6 waffles.

NOTE: *This batter may be used for pancakes.*

Orange Waffles: Add 1 teaspoon grated orange peel and ⅛ teaspoon nutmeg to above recipe.

OATMEAL BREAD

1½ cups Pet Milk diluted with
½ cup water
2 cups rolled oats
⅓ cup brown sugar
1½ teaspoons salt
2 tablespoons shortening
1 yeast cake
½ cup lukewarm water
4½ cups flour (about)

NOTE: *Keep bread in a warm place (about 80°) protected from drafts while it is rising. If the temperature is too cool, action is retarded, while if too hot, the yeast is entirely destroyed.*

Bring the diluted milk to the boiling point and pour over the rolled oats. Add the sugar, salt and shortening and let stand until lukewarm. Add yeast cake which has been softened in the lukewarm water. Add enough flour to make a dough that can be handled. Turn out onto a floured board and knead until smooth and elastic. Let rise until doubled in bulk. Cut down and knead again. Shape into loaves, place in greased pans and let rise until doubled in bulk. Put into a moderately hot oven (375° F.) and after 15 minutes reduce the heat to moderate (350° F.) 40 minutes longer. Makes 2 loaves.

WHOLE WHEAT ROLLS

1 cup Pet Milk
1 tablespoon shortening
2 tablespoons sugar
½ teaspoon salt
½ yeast cake
⅓ cup lukewarm water
1 cup whole wheat flour
2½ cups white flour (about)

To the milk add the shortening, sugar and salt and heat until the shortening is melted. Cool until lukewarm. Add yeast softened in lukewarm water, whole wheat flour and enough white flour to make a dough that can be handled. Knead until smooth and elastic and let rise until tripled in bulk. Knead again, shape into small balls, dip in melted shortening, and place close together in a greased baking pan. Let rise until doubled in bulk and bake in a hot oven (425° F.) 25 minutes. Makes 18 rolls about 2 inches in diameter.

CORN MEAL GRIDDLE CAKES	Mix and sift dry ingredients. Add diluted milk and molasses gradually, then well-beaten egg. Beat thoroughly, add melted shortening last. Pour on hot, greased griddle or heavy frying pan. When puffed, full of bubbles and cooked on edges, turn and cook on other side. Makes 12 cakes about 3 inches in diameter.	1½ cups corn meal ½ cup flour 4 teaspoons baking powder ¾ teaspoon salt 1 cup Pet Milk diluted with ½ cup water 1 tablespoon molasses 1 egg 1 tablespoon melted shortening
DOUGHNUTS	Add sugar to egg. Add melted shortening. Sift flour, baking powder, salt and nutmeg together and add alternately with diluted milk. Roll out on floured board and cut with doughnut cutter. Fry in deep fat (370° F.). See frying guide, page 10. Makes 2 dozen doughnuts.	⅔ cup sugar 1 egg, well beaten 1 tablespoon shortening, melted 2¾ cups flour 2 teaspoons baking powder ½ teaspoon salt ½ teaspoon nutmeg 6 tablespoons Pet Milk diluted with 6 tablespoons water
ORANGE BREAD	Sift flour and measure. Sift again with baking powder, salt and sugar. Cut the shortening into flour mixture. Add diluted milk to well-beaten eggs and mix thoroughly with flour mixture. Stir in orange peel and syrup. Bake in a moderate oven (350° F.) 50 minutes. Makes 2 medium-sized loaves. NOTE: *Serve plain with butter for afternoon tea or with a cheese filling for delicious sandwiches.*	4 cups flour 3 teaspoons baking powder 1 teaspoon salt ½ cup sugar ¼ cup shortening ½ cup Pet Milk diluted with ½ cup water 2 eggs 1 cup candied orange peel ⅓ cup syrup from peel
PINEAPPLE CRULLERS	Cream shortening and sugar. Add eggs, diluted milk and drained pineapple and mix well. Mix and sift flour, baking powder, salt and spices and add to first mixture. Mixture should be a soft dough. If not, add more flour. Turn on floured board and roll to ½ inch thickness. Cut in pieces 3 inches long and 2 inches wide. Fry in deep, hot fat (370° F.) until a delicate brown. See frying guide, page 10. Makes 4 dozen crullers.	2 tablespoons shortening 1 cup sugar 2 eggs, beaten ½ cup Pet Milk diluted with ½ cup water 2 cups crushed pineapple, drained 8 cups flour 5 teaspoons baking powder 1 teaspoon salt ½ teaspoon nutmeg 1 teaspoon cinnamon
QUICK COFFEE CAKE	Mix and sift the dry ingredients. Beat egg until light and add diluted milk and melted shortening. Add to the first mixture and beat well. Turn into a greased pan, sprinkle the top with a mixture of cinnamon and sugar and bake in a hot oven (425° F.) 25 minutes. Makes a 9-inch cake. NOTE: *For* DUTCH APPLE CAKE, *slice 3 or 4 small apples in thin strips and arrange on top of batter before covering with cinnamon mixture.*	2 cups flour ¼ cup sugar 4 teaspoons baking powder ½ teaspoon salt 1 egg ¾ cup Pet Milk diluted with ¼ cup water 2 tablespoons shortening 2 teaspoons cinnamon 4 tablespoons sugar

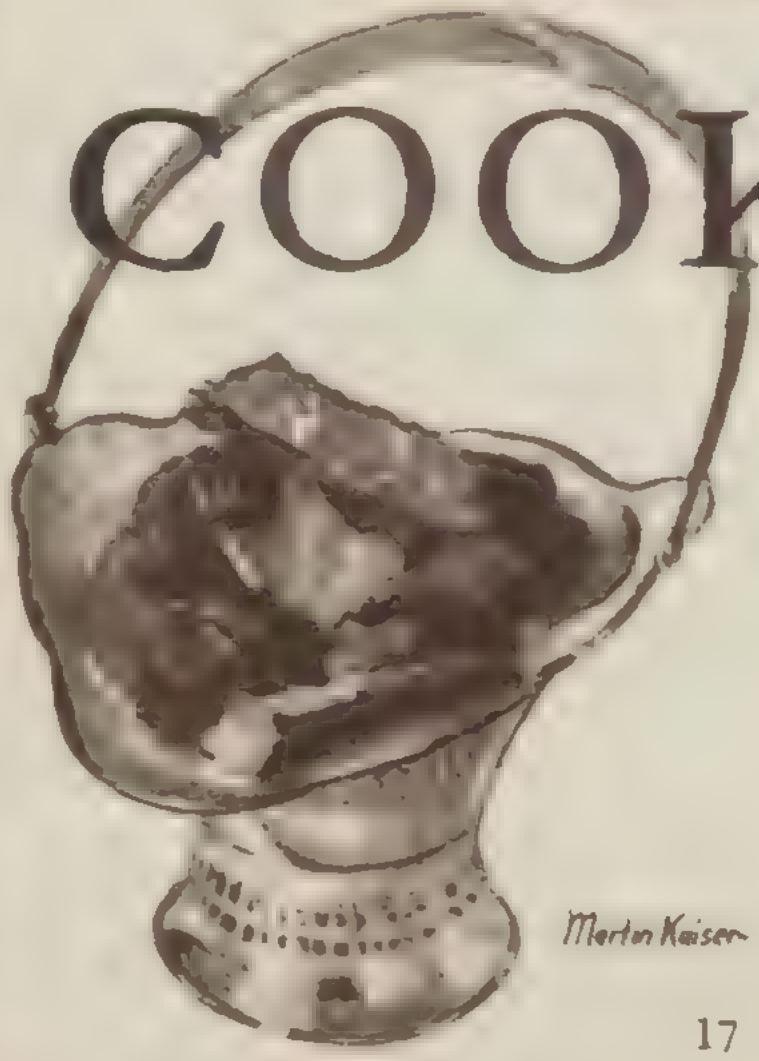
3 cups bread or toast cubes 2 tablespoons chopped onion 1 cup chopped celery 3 tablespoons melted shortening ½ cup Pet Milk (about) Salt, pepper, paprika, sage or poultry seasoning to taste	To the bread cubes add onion, celery, shortening and enough milk to moisten. The exact amount will depend on the dryness of the bread. Add seasonings to taste. Sufficient for 3-pound bird.	BREAD STUFFING
1 tablespoon minced onion 2 tablespoons melted shortening 1 cup bread cubes 2 cups tart apples, finely chopped Pet Milk Salt and pepper	Brown onion in shortening, add bread cubes, apples, enough milk to moisten and seasonings. Sufficient for 3-pound chicken, duck or rabbit. NOTE: *¼ cup raisins or ½ cup cooked, stoned prunes may be added to give variety.*	APPLE STUFFING
1⅓ cups flour ¼ teaspoon salt 2 teaspoons baking powder ⅓ cup Pet Milk diluted with ⅓ cup water 1 egg 4 sour apples Powdered sugar	Mix and sift dry ingredients. Add diluted milk gradually, and egg, well beaten. Pare, core and cut apples in thin slices and stir into batter. Drop by spoonfuls in deep fat (370° F.) and fry until brown. Drain on absorbent paper. Sprinkle with powdered sugar, and serve hot on folded napkin. Makes 1 dozen fritters about 2 inches in diameter. See Frying Guide, page 10.	APPLE FRITTERS
1 cup flour ¾ teaspoon baking powder ¼ teaspoon salt ¼ cup Pet Milk diluted with ¼ cup water	Sift dry ingredients together; add only sufficient diluted milk to make a soft dough and mix lightly. Drop by spoonfuls on poultry or meat stew. Cover tightly and let cook 12 minutes. Makes 6 dumplings.	DROP DUMPLINGS
1¼ cups flour 1 cup graham flour 1 teaspoon salt ¼ cup sugar 4 teaspoons baking powder ¼ cup molasses ¾ cup Pet Milk diluted with ¼ cup water 1 tablespoon shortening ½ cup nuts, chopped ½ cup seedless raisins	Mix and sift the dry ingredients and add the bran that does not go through the sifter. Mix molasses, diluted milk, add to the dry ingredients and beat well. Add the melted shortening, nuts and raisins. Bake in a loaf in a moderately hot oven (350° F.) 55 minutes. Makes 1 loaf. NOTE: *Serve plain with butter or with a pineapple, cheese and nut filling (page 16) for a delicious tea sandwich.*	NUT AND RAISIN BREAD
1 package white cream cheese (3 ounces) 2 tablespoons Pet Milk 2 tablespoons chopped nuts 3 tablespoons strawberry or pineapple preserves	Mash cheese, add milk and blend. Add nuts and preserves, well drained of syrup. Spread thin slices of white or graham bread with Pet Mayonnaise (page 66), cover half the slices with the mixture and the remaining half with lettuce leaves. Put together in pairs. Makes 6 sandwiches.	BRAZILIAN SANDWICH

MAPLE NUT SANDWICH	Roll maple sugar with rolling pin until fine. Cream butter and add sugar until mixture is stiff. Add milk and sufficient sugar to again obtain a stiff creamy mixture. Add nuts and spread on thin slices of buttered bread. Makes 8 sandwiches.	1½ cups maple sugar (about) 2 tablespoons butter 2 tablespoons Pet Milk ½ cup chopped nuts
CHEESE AND SARDINE SANDWICH	Add milk to cheese and cream well. Add sardines and mix thoroughly. Spread between slices of buttered Oatmeal Bread. Makes 12 sandwiches.	4 tablespoons Pet Milk 2 packages white cream cheese (6 ounces) 1 small box sardines, chopped
DEVILED HAM SANDWICH	Add milk to ham and cheese and mix well. Add remaining ingredients and spread between slices of buttered rye bread. Makes 5 sandwiches.	2 tablespoons Pet Milk ½ cup ground ham ½ cup grated cheese 1 tablespoon chili sauce ¼ teaspoon dry mustard 1 teaspoon chopped parsley
OLIVE AND EGG SANDWICH	Mix eggs and olives with sufficient Cooked Salad Dressing to moisten well. Season to taste and spread between slices of thin, buttered Oatmeal Bread. Makes 8 sandwiches.	3 hard-cooked eggs, chopped 4 tablespoons stuffed olives, chopped Cooked Salad Dressing Salt and paprika
PEANUT BUTTER SANDWICH	Add milk to peanut butter gradually, mixing well after each addition. Spread on thin, buttered slices of Nut and Raisin Bread. Makes 5 sandwiches.	4 tablespoons Pet Milk ¼ cup peanut butter
PINEAPPLE, CHEESE AND NUT SANDWICH	Add milk to cheese and cream well. Add crushed pineapple, well drained, and nuts. Mix well and spread between slices of thin buttered Orange or Nut and Raisin Bread. Makes 6 sandwiches.	2 tablespoons Pet Milk 1 package white cream cheese (3 ounces) 4 tablespoons crushed pineapple 2 tablespoons chopped nuts
RAISIN NUT SANDWICH	Put raisins through grinder. Add nuts, milk and sugar. Blend well before spreading on buttered white bread. Makes 8 sandwiches.	½ cup seedless raisins ¼ cup nuts, chopped 2 tablespoons Pet Milk 2 tablespoons powdered sugar
WATER CRESS AND LETTUCE SANDWICH	Chop water cress and lettuce fine. Mix with sufficient Pet Mayonnaise (page 66) to moisten well. Spread on buttered Oatmeal or Nut and Raisin Bread. Makes 12 sandwiches.	1 bunch water cress 1 small head lettuce Pet Mayonnaise Salt and pepper

CAKES

frostings
fillings

COOKIES



MANY of us, when we come to make cakes, need to think of the expense of them. In this respect Pet Milk is a real boon. Look, for example, at the recipe for Spice Cake. It originally called for ¾ of a cup of butter with ¾ cup of ordinary milk.

Here it calls for ¾ cup of Pet Milk undiluted twice the quantity of milk solids, and only ⅓ cup of butter. You save twelve to fifteen cents worth of butter and the extra milk costs only three to four cents. Don't think it's poorer cake. Make it both ways. You'll like the Pet Milk cake better, and it's more wholesome food, because its richness is that of whole milk.

Table of Weights and Measures

3 teaspoons	1 tablespoon
4 tablespoons	¼ cup
16 tablespoons	1 cup
Speck, pinch or dash	less than ⅛ teaspoon
3 medium-sized oranges	1 cup juice
4 to 5 medium-sized lemons	1 cup juice
1 pound meat (raw)	yields about 3 cups diced, cooked meat

Size and Contents of Canned Fruits or Vegetables

No. 1 can	1⅓ cups
No. 2 can	2⅗ cups
No. 2½ can	3⅗ cups
No. 3 can	4 cups
No. 10 can	13¼ cups
Small can Pet Milk	little less than ¾ cup
Large can Pet Milk	1⅞ cups

Various Weights

2 cups liquid	1 pound
2 cups shortening	1 pound
4 cups flour	1 pound
1⅞ cups rice	1 pound
2 cups chopped meat (packed)	1 pound
1 square chocolate	1 ounce
4 tablespoons grated chocolate	1 ounce
4 tablespoons cocoa	1 ounce

Use standard measuring cups and spoons.

All recipes in this book are for level measurements.

Flour and confectioner's or powdered sugar should be sifted before measuring.

The measure of chopped and ground materials will vary slightly, depending on the fineness of the grind and how they are packed into the measuring utensil.

The most commonly used flavorings and extracts contain the following percentages of alcohol:

Lemon extract	84% alcohol	Almond extract	35% alcohol
Peppermint extract	70% alcohol	Sherry flavoring	14% alcohol
Vanilla extract	40% alcohol	Rum flavoring	12% alcohol

MARASCHINO CHERRY CAKE

- ½ cup shortening
- 1¼ cups sugar
- ½ cup broken nut meats
- 16 Maraschino cherries, cut in quarters
- 2⅛ cups flour
- 3 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup Pet Milk diluted with
- ¼ cup cherry juice
- 4 egg whites

Cream shortening, add sugar and cream together thoroughly. Mix nuts and cherries together and dredge with 2 tablespoons flour. Sift remainder of flour with baking powder and salt and add to cream mixture alternately with the diluted milk. Blend in nuts and cherries. Fold in stiffly-beaten egg whites. Pour into well-greased and floured cake pan and bake in moderate oven (350° F.) 50 minutes. Makes 8x8-inch cake.

CHOCOLATE CAKE

- ½ cup shortening
- 1 cup sugar
- 2 eggs
- ½ cup Pet Milk diluted with
- 2 tablespoons water
- 3 squares unsweetened chocolate
- 1½ cups pastry flour
- 2½ teaspoons baking powder
- ½ teaspoon salt
- 1½ teaspoons vanilla

Cream shortening and sugar together. Add well-beaten eggs and mix well. Cook the diluted milk and grated chocolate over a slow fire, stirring constantly, until chocolate is melted. Add to the first mixture. Add flour, baking powder and salt sifted together. Add the vanilla and beat thoroughly. Bake in square pans in moderate oven (375° F.) about 45 minutes. Makes 2 9-inch layers.

MOLASSES GINGERBREAD

- 3 tablespoons shortening
- ½ cup sugar
- 1 egg
- 1½ cups pastry flour
- ⅛ teaspoon salt
- 1 teaspoon ginger
- 1 teaspoon cinnamon
- 1 teaspoon soda
- ½ cup Pet Milk
- ½ cup molasses

Cream together shortening and sugar, add beaten egg, then add alternately the dry ingredients which have been sifted together and the mixture of milk and molasses. Pour in a greased shallow pan. Bake in a moderate oven (350° F.) 30 to 45 minutes. Makes 8 x 12-inch cake.

NOTE: *Serve with Creamy Hard Sauce (page 48) or Spice and Raisin Sauce (page 48).*

ICE CREAM CAKE

- ½ cup shortening
- 2 cups sugar
- 3 cups pastry flour
- 2 teaspoons baking powder
- ½ cup Pet Milk diluted with
- ½ cup water
- 1½ teaspoons almond or vanilla extract
- 4 egg whites

Cream shortening and sugar. Sift flour and baking powder together and add to sugar mixture alternately with diluted milk, beginning and ending with flour mixture. Mix to a smooth batter. Flavor and fold in stiffly-beaten egg whites. Bake in a moderate oven (350° F.). Makes a large loaf or 3 8-inch layers.

GRAHAM CRACKER CAKE

- ½ cup shortening
- 1 cup sugar
- 3 eggs, separated
- 1 cup Pet Milk
- 2 cups graham cracker crumbs
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup nuts, chopped

Cream shortening and sugar together. Add egg yolks, well beaten. Add milk. Mix crumbs with baking powder and add to mixture together with salt and nuts. Last add beaten egg whites. Bake in 2 layers in moderate oven (375° F.). When cool, cut in squares and top with whipped Pet Milk (see Frozen Desserts, page 38) to which rum or sherry flavoring and sugar to taste have been added. Makes 2 8-inch layers.

UPSIDE DOWN CAKE

Melt butter in heavy frying pan, add brown sugar and stir until entirely melted. Let cool while mixing batter:

- 3 tablespoons butter
- ½ cup brown sugar

BATTER
(for Upside Down Cake)

Beat egg until light, add sugar and beat well. Sift flour and baking powder, and add alternately with milk. Beat well and add shortening and vanilla. Arrange pineapple slices on brown sugar mixture. Cover with batter and bake in moderate oven (350° F.) 30 minutes. Serves 6.

NOTE: *Apricots, peaches, cherries or apples may be substituted for the pineapple.*

- 1 egg
- ½ cup sugar
- 1 cup pastry flour
- 1 teaspoon baking powder
- ¼ cup Pet Milk
- 1 tablespoon melted shortening
- 1 teaspoon vanilla
- 8 slices pineapple, drained

SPICE CAKE

Cream shortening and sugar together. Add well-beaten egg yolks and blend thoroughly. Add alternately the milk and flour sifted with baking powder and salt. Add spices that have been soaked in boiling water and vanilla and fold in stiffly-beaten egg whites. Add raisins. Bake in layers in a moderate oven (350° F.) about 20 minutes or until cake shrinks from sides of pan. Put together with Caramel or Two Minute Frosting (page 24). Makes 2 9-inch layers.

- ⅓ cup shortening
- 1⅜ cups brown sugar
- 3 eggs, separated
- ¾ cup Pet Milk
- 2 cups pastry flour
- 3 teaspoons baking powder
- ¼ teaspoon salt
- 1½ teaspoons cinnamon
- 1½ teaspoons cloves
- 1½ teaspoons nutmeg
- 1 tablespoon boiling water
- 1 teaspoon vanilla
- 1 cup raisins

PRUNE FRUIT CAKE

Sift together first 3 ingredients. Cream shortening and sugar, add well-beaten eggs and spices that have been soaked in boiling water. Add diluted milk and molasses with soda dissolved in it, then sifted dry ingredients. Lastly, add fruit cut fine and dredged with some of the flour. Bake in 2 bread pans (lined with greased paper) 1½ to 2 hours in rather slow oven (275° F. to 300° F.).

NOTE: *Reserve about ¼ cup of the flour for dredging the fruit.*

- 4½ cups pastry flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ⅔ cup shortening
- 2 cups sugar
- 2 eggs
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1 teaspoon nutmeg
- 1 tablespoon boiling water
- ⅔ cup Pet Milk diluted with
- ¼ cup water
- 1 cup molasses
- 1 teaspoon soda
- 1 cup seeded raisins
- ⅓ cup currants
- ½ cup shredded citron
- ½ cup soft prunes

SPONGE CAKE

Beat eggs until very light. Add salt, sugar and vanilla, beating well. Add diluted milk that has been heated to boiling point with the shortening. Beat in flour that has been sifted with baking powder. Pour quickly into a greased and floured pan and bake immediately in moderate oven (350° F.) 25 to 30 minutes. Makes 1 8 x 8-inch cake.

NOTE: *For a distinguished dessert, serve with hot Butterscotch Sauce (see Frozen Desserts, page 48).*

- 2 eggs
- ¼ teaspoon salt
- 1 cup sugar
- 1 teaspoon vanilla
- ¼ cup Pet Milk diluted with
- ¼ cup water
- 1 tablespoon shortening
- 1 cup pastry flour
- 1 teaspoon baking powder

DEVIL'S FOOD CAKE

½ cup cocoa
¼ cup boiling water
½ cup Pet Milk
diluted with
½ cup water
½ cup shortening
1½ cups sugar
2 eggs, well beaten
1 teaspoon soda
1 teaspoon baking powder
2¼ cups pastry flour
1½ teaspoons vanilla

Mix cocoa with boiling water to make a smooth paste. Add to diluted milk that has been scalded and stir constantly to prevent lumping. Cool. Cream shortening and sugar thoroughly. Add eggs and beat well. Add soda to cocoa mixture and add to batter. Sift baking powder with flour and add in small amounts to batter together with vanilla. Beat 3 minutes. Bake in 2 8-inch layers in moderate oven (350° F.) 20 to 25 minutes.

NOTE: *3 squares unsweetened chocolate may be substituted for the cocoa. Melt first, then add boiling water and stir well. Add to scalded, diluted milk and proceed as above.*

PLAIN CAKE

2 cups pastry flour
3 teaspoons baking powder
½ cup shortening
1 cup sugar
2 eggs, separated
¾ cup Pet Milk
1 teaspoon vanilla

NOTE: *Serve with any of the fruit cream sauces (see page 46) for an unusual dessert.*

Sift flour once, measure, add baking powder and sift together 3 times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg yolks, well beaten, then flour alternately with milk, a small amount at a time. Beat with each addition until smooth. Add vanilla; fold in stiffly-beaten egg whites. Bake in 2 greased 9-inch layer pans in moderate oven (375° F.) 20 minutes.

CHOCOLATE DROP COOKIES

½ cup shortening
1 cup light brown sugar
1 egg
1½ cups pastry flour
Few grains salt
½ teaspoon soda
¼ cup Pet Milk
diluted with
¼ cup water
2 squares unsweetened chocolate
1 cup chopped nuts
1 teaspoon vanilla

Cream shortening, add sugar gradually, then egg, well beaten. Mix and sift flour, salt and soda, and add alternately with diluted milk. Stir in melted chocolate, nuts and vanilla. Drop mixture by spoonfuls onto a well-greased pan, place a half nut on each and bake until firm, in a moderate oven (350° F.). Makes about 5 dozen.

BLITZ TORTE

½ cup shortening
½ cup sugar
4 egg yolks
1 cup pastry flour
1 teaspoon baking powder
¼ cup Pet Milk
diluted with
¼ cup water

Cream shortening and sugar. Add well-beaten egg yolks and beat well. Add flour, that has been sifted with baking powder, alternately with diluted milk. Spread in 2 8-inch greased layer pans and cover with the following meringue:

MERINGUE (for Blitz Torte)

4 egg whites
¾ cup powdered sugar
¼ pound almonds, chopped

Beat egg whites until stiff. Fold in powdered sugar. Sprinkle nuts on top of meringue and bake in moderate oven (350° F.) 15 minutes. Put together with Orange, Pineapple or Mint Cream Sauce (see Frozen Desserts) having nut side on top and bottom. Serves 8.

PEANUT COOKIES

Cream shortening and sugar, add eggs, well beaten, then alternately the milk and flour, mixed and sifted with salt and baking powder. Beat thoroughly and add peanuts. Drop by spoonfuls on greased pan and bake in a moderate oven (350° F.) until light brown. Makes about 4 dozen.

½ cup shortening
1 cup sugar
2 eggs
5 tablespoons Pet Milk
2 cups pastry flour
½ teaspoon salt
4 teaspoons baking powder
1½ cups ground peanuts

WHITE FRUIT CAKES

Cream shortening and sugar; add flour mixed with dates, nuts, baking powder and salt, then milk, extract and stiffly-beaten whites. Bake in small muffin tins in a slow oven (325° F.) until light brown. Makes 18 cakes, 2 inches in diameter.

⅓ cup shortening
1 cup sugar
1½ cups pastry flour
1 cup date pieces
¾ cup blanched almonds
2 teaspoons baking powder
½ teaspoon salt
⅔ cup Pet Milk
¼ teaspoon lemon extract
3 egg whites

BLACK WALNUT COOKIES

Cream shortening and sugar. Add eggs, then nuts and vanilla. Stir well. Fold in flour which has been sifted with salt and soda, alternately with milk. Beat vigorously. Drop by teaspoons on greased pan. Bake in hot oven (400° F.) until light brown. Makes about 5 dozen.

¾ cup shortening
2 cups brown sugar
2 eggs, beaten
1 cup chopped black walnuts
1 teaspoon vanilla
3 cups pastry flour
½ teaspoon salt
½ teaspoon soda
⅓ cup Pet Milk

PINEAPPLE CUP CAKES

Sift flour, then measure. Resift with the other dry ingredients twice. Beat egg, add diluted milk and shortening. Pour into a well that has been made in the middle of the dry ingredients. Fold dry ingredients into the liquid until partially mixed. Then beat 1 minute. Pour into greased muffin tins and bake in a moderate oven (375° F.) 10 to 25 minutes. Makes 18 cup cakes, 2 inches in diameter.

1½ cups pastry flour
2 teaspoons baking powder
¼ teaspoon salt
¾ cup sugar
1 egg
6 tablespoons Pet Milk diluted with
3 tablespoons pineapple juice
¼ cup shortening

GINGER COOKIES

Cream shortening and sugar together thoroughly. Sift flour, soda, salt and baking powder together. Beat eggs thoroughly and add to shortening and sugar. Add a few tablespoons flour, then the milk, and then preserved ginger and remainder of flour. Form into a roll, wrap in waxed paper and let stand in refrigerator over night to chill. In the morning, cut in ⅛ inch slices and bake in moderate oven (375° F.) until light brown. Makes 4½ dozen

¾ cup shortening
2 cups brown sugar
4 cups pastry flour
1 teaspoon soda
Few grains salt
1½ teaspoons baking powder
2 eggs, well beaten
¼ cup Pet Milk
½ cup finely chopped preserved ginger

CINNAMON CRISPS

Cream shortening and sugar; add dry ingredients thoroughly mixed, then milk. Roll thin, cut in fancy shapes and decorate with nuts. Bake in a moderate oven (350° F.) until light brown. Makes about 4 dozen.

⅓ cup shortening
¾ cup sugar
2 teaspoons baking powder
½ teaspoon salt
1½ cups pastry flour
1 teaspoon cinnamon
⅓ cup Pet Milk

MOLASSES RAISIN NUT BARS

¼ cup shortening
½ cup sugar
1 egg
½ cup molasses
2 cups pastry flour
1½ teaspoons baking powder
¼ teaspoon salt
¼ teaspoon soda
½ cup Pet Milk
1 cup chopped nuts
1 cup chopped raisins or dates

Cream shortening, add sugar and beat until light. Add beaten egg, mix well, then add molasses. Sift flour with dry ingredients and add alternately with milk to first mixture. Add chopped nuts and fruits last. Spread very thinly in shallow pan. Bake in moderate oven (350° F.) from 15 to 20 minutes. Cut in bars 3 inches long and 1½ inches wide before removing from pan. Makes 4 dozen.

FUDGE BROWNIES

2 cups sugar
½ cup shortening
4 eggs
4 squares unsweetened chocolate, melted
1⅓ cups pastry flour
¼ teaspoon salt
¼ cup Pet Milk diluted with
¼ cup water
2 teaspoons vanilla
1½ cups chopped nuts

Cream sugar and shortening. Add well-beaten eggs and melted chocolate. Sift flour, then measure. Resift with salt. Add flour mixture alternately with the diluted milk. Add vanilla and nut meats with last few stirs. Spread mixture ¼ inch thick in a greased pan. Bake 15 minutes in a medium slow oven (300° F.). Cut in squares while warm. Makes 3 dozen, 2 inches square.

CHOCOLATE LADY FINGERS

2 eggs, separated
1 cup sugar
3 tablespoons Pet Milk diluted with
3 tablespoons water
½ teaspoon vanilla
1¾ cups pastry flour
6 tablespoons cocoa
4 teaspoons baking powder
¼ teaspoon salt

Beat egg yolks until thick. Add sugar gradually, then diluted milk and vanilla, beating continuously. Sift flour, cocoa, baking powder and salt together. Add to egg yolks and stir until smooth. Fold in the stiffly-beaten egg whites. Bake in a moderate oven (350° F.) about 10 minutes in greased lady finger tins or in a thin sheet that can be cut in strips 3 inches long and 1 inch wide. Makes 1 dozen.

CHEESE CAKE

1 package zwieback
2 tablespoons butter
2 tablespoons sugar
1 cup sugar
5⅓ packages white cream cheese
2 tablespoons flour
Pinch of salt
1 teaspoon vanilla
4 eggs, separated
1 cup Pet Milk

Note: *1 cup fine toast crumbs and 1 pint cream cheese may be substituted for a less rich cake.*

Roll zwieback into crumbs and add to butter and 2 tablespoons sugar that have been creamed together. Rub this mixture until well blended, put in bottom of baking dish and press down evenly all around. Cream cup of sugar with cheese until well blended. Add flour, salt, vanilla and beaten egg yolks. Mix well and add milk. Fold in beaten egg whites. Pour into baking pan on top of crumbs. Bake in a slow oven (325° F.) 1 hour or more, until no depression is left when touched in the center with finger. Makes a 12 x 8-inch cake.

CHOCOLATE FUDGE FROSTING

4 to 6 tablespoons Pet Milk
2 cups confectioner's sugar, sifted
2 squares unsweetened chocolate, melted
1 teaspoon vanilla
1 tablespoon butter, melted

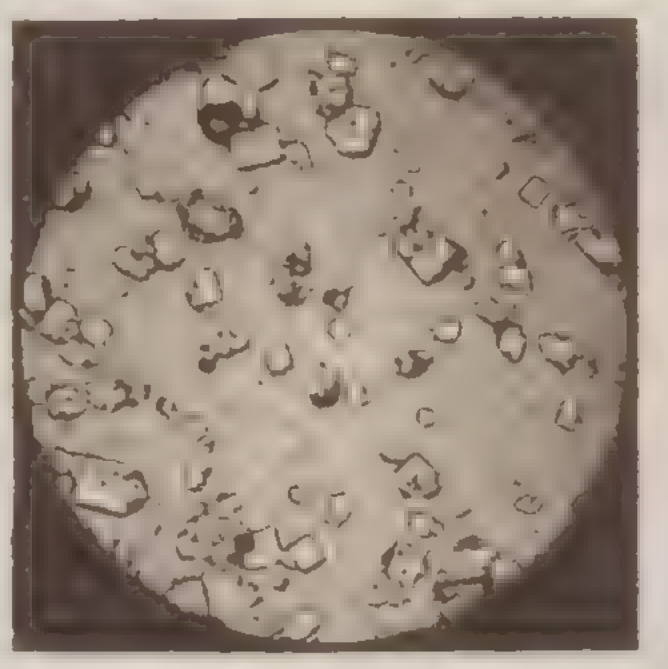
Scald milk and add slowly to sugar until thick enough to hold its shape. Add melted chocolate, vanilla and butter and beat well. For a glossy surface, let mixture stand 10 minutes before using. Sufficient for 2 8-inch layers.

TWO MINUTE FROSTING	Put first 3 ingredients in saucepan and bring to boiling point, stirring constantly. Cool and add confectioner's sugar to spread. Flavor with vanilla. Sufficient for icing 2 8-inch layers.	¼ cup brown sugar 5 tablespoons Pet Milk 1 tablespoon butter Confectioner's sugar (about 3 cups) 1 teaspoon vanilla
COCONUT FROSTING	Scald milk and add slowly to sugar until thick enough to hold its shape. Blend in butter and vanilla. Spread between layers and on top of cake and sprinkle thickly with coconut. Sufficient for 2 8-inch layers.	3 tablespoons Pet Milk (about) 2 cups confectioner's sugar 1 tablespoon butter, melted 1 teaspoon vanilla 1 cup grated coconut
CARAMEL FROSTING	Mix all ingredients, except vanilla and boil until a small amount when dropped into cold water forms a soft ball (235° F.). Let stand until cool; then beat until creamy and begins to thicken. Add vanilla and pecans, if you wish. Sufficient for 2 8-inch layers. NOTE: *If icing should thicken too rapidly, thin with a little undiluted Pet Milk.*	1 cup light brown sugar 1½ cups white sugar 1 cup Pet Milk Pinch of soda 1 teaspoon vanilla
FRUIT FILLING	Put diluted milk in double boiler and add sugar. Stir until sugar is dissolved, then add fruit and cook until thick. Cool, add nuts and vanilla. Spread thickly between layers of a 9-inch cake.	⅔ cup Pet Milk diluted with ¼ cup water ¾ cup sugar ¼ cup dates, chopped ¼ cup figs, chopped ¼ cup raisins, chopped ½ cup nuts, chopped 1 teaspoon vanilla
PEANUT MOCHA FROSTING	Scald milk. Add to peanut butter and mix well. Add coffee and enough sugar to spread. Sufficient for 2 8-inch layers.	4 tablespoons Pet Milk 3 tablespoons peanut butter 2 tablespoons strong coffee Confectioner's sugar (about 3 cups)
CUSTARD FILLING	Scald diluted milk in double boiler. Pour over egg yolks, sugar, salt and cornstarch that have been beaten together. Return to double boiler and cook until thick, stirring constantly. Cool and add flavoring. Sufficient to fill 6 cream puffs or between 3 layers of a 9-inch cake.	1½ cups Pet Milk diluted with ½ cup water 2 egg yolks ⅓ cup sugar ⅛ teaspoon salt 2 tablespoons cornstarch 2 teaspoons vanilla
LEMON CREAM FILLING	Mix sugar, flour, cornstarch and salt together in double boiler. Add boiling water and cook until mixture coats the spoon, about 15 minutes, stirring constantly. Remove from fire and pour over well-beaten egg yolks. Add lemon juice and grated rind. Return to double boiler and cook until thick, about 5 minutes. Chill. Fold in milk that has been whipped until stiff. Sufficient to fill 6 cream puffs or between 3 layers of a 9-inch cake.	1½ cups sugar 2 tablespoons flour 4 tablespoons cornstarch ¼ teaspoon salt 1½ cups boiling water 2 egg yolks 6 tablespoons lemon juice Grated rind 2 lemons ½ cup Pet Milk

CANDIES

HERE you'll find Pet Milk giving the melt-in-your-mouth texture that is the very hallmark of good candy. The homogenized milk does it. And then two other important things: less butter used, with the wholesome milk solids taking its place; very much worth-while economy in the saving of the

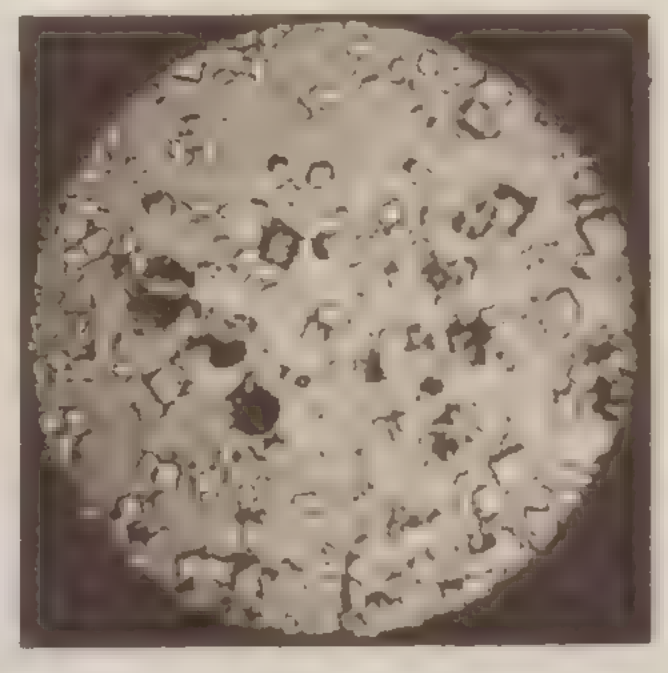
lower cost of the milk. With Pet Milk you can make, in your home, candies that are better than you can buy—better in taste and better in substance. It won't hurt to "reach for" such candy.



Composition of mixture photographed:

2 cups sugar
1 cup bottled milk

Boiled 21 minutes to 235° F. Cooled in Hobart mixer to 110° F. Beat 11 minutes until crystallization was accomplished.



Composition of mixture photographed:

2 cups sugar
½ cup Pet Milk
½ cup water

Mixture boiled 21 minutes to 235° F. Cooled in Hobart mixing bowl to 110° F. Beat in mixer 13 minutes until crystallization was accomplished.

The above photographs, made under magnifying glass, show the difference between the crystals in candy made with ordinary bottled milk and with Pet Milk. The smaller, more evenly distributed crystals in the Pet Milk candy show the reason why such candy has the smooth, melt-in-your-mouth texture which is always so noticeable in Pet Milk candy. The homogenization of the milk – breaking the fat globules into tiny particles and distributing them evenly through the milk – is the reason for this fine, smooth texture.

Temperature Guide for Candy Making

Temperature registered	*A little of the candy mixture dropped into cold water*
236°–240°	Forms soft ball
246°–248°	Forms firm ball
260°–270°	Forms hard ball
290°–300°	Becomes brittle, cracks against side of cup
310°	Becomes very brittle

HONEY NUT FUDGE

- 2 cups sugar
- 1 square unsweetened chocolate, cut fine
- 1 cup Pet Milk
- Pinch salt
- ⅛ cup strained honey
- ½ teaspoon vanilla
- 1 cup pecans, broken

Cook sugar, chocolate, milk and salt 5 minutes. Add honey and cook to soft ball stage (236° F.). Remove from fire, add vanilla and nuts. Cool and beat until creamy. Drop from a teaspoon onto oiled paper to form patties or put into a greased pan and cut into squares when thoroughly cool.

CARAMELS

- 2 cups sugar
- Few grains salt
- 2 cups white corn syrup
- ½ cup butter
- 2 cups Pet Milk
- 1 teaspoon vanilla

Stirring occasionally, boil the sugar, salt and corn syrup to 245° F. (very thick syrup). Add butter, then milk gradually so that the mixture does not stop boiling at any time. Stir constantly and cook rapidly to the firm ball stage (242° F.). This mixture is very thick and sticks easily at the last. Add vanilla and pour into a greased pan. Cool thoroughly before cutting. Cut with a heavy, sharp knife using a saw-like motion.

ORANGE COCONUT BALLS

- 1 tablespoon butter
- 2 cups sugar
- ½ cup Pet Milk diluted with
- ⅛ cup water
- 2 teaspoons orange flower water
- 2 teaspoons orange juice
- ¼ teaspoon grated orange rind
- 1 cup moist, shredded coconut

Melt the butter in the pan in which candy is to be cooked. Add sugar, diluted milk and boil to soft ball stage (236° F.) stirring constantly. Cool and beat like Chocolate Fudge. Add flavoring and coconut, and work into candy until creamy. Using about a tablespoon of candy, mold with the hands into even-sized balls. Roll in coconut.

BLACK WALNUT TAFFY

- 1 cup light molasses
- 2 cups sugar
- ¼ teaspoon salt
- 1 cup Pet Milk
- 1 tablespoon butter
- 1 teaspoon vanilla
- ½ cup walnuts, chopped

Boil molasses, sugar, salt, milk and butter together until a firm ball is formed in cold water (246° F.). Add vanilla. Spread nuts over the bottom of a greased pan. Pour taffy over nuts. Cool until candy can be handled. Pull until stiff and creamy. Cut into pieces and wrap in waxed paper.

CANDY DATE ROLL

- 1½ cups sugar
- 1 cup dates, pitted
- ½ cup Pet Milk
- ½ cup nuts, chopped
- 2 teaspoons butter
- Powdered sugar

Cook together sugar, dates and milk until mixture forms a soft ball when dropped into cold water (236° F.). Remove from fire, set pan in bowl of cold water and cool to lukewarm. Add chopped nuts and butter. Beat until thick and entirely cold. Turn onto board dusted thickly with powdered sugar and knead until it will mold well. Roll into a long cylinder about 1 inch in diameter and let stand 24 hours. When wanted, cut into slices.

BUTTERSCOTCH PECAN PATTIES	Put sugars, corn syrup, salt and milk in saucepan. Stir until sugar is dissolved, bring to boiling point and boil to 238° F. or until a little dropped in cold water will just keep its shape. Remove from fire, add butter and vanilla and let stand 10 minutes. Add nuts. Beat vigorously until thick and creamy. Drop by teaspoons on oiled paper.	1 cup white sugar ½ cup brown sugar ⅓ cup white corn syrup Few grains salt ½ cup Pet Milk ⅓ cup butter 1 teaspoon vanilla ¾ cup pecans, broken
CHOCOLATE FONDANT	Cook milk, sugar and syrup together, stirring constantly until the sugar is dissolved. Continue cooking, stirring occasionally until the temperature is 238° F. or until a little dropped in cold water forms a soft ball. Remove from the fire, add butter. Pour on a platter which has been rinsed with cold water. When cool, add vanilla and beat until thick. Add the melted chocolate and knead until smooth and well blended.	⅔ cup Pet Milk 2 cups sugar 1 tablespoon white corn syrup ½ tablespoon butter 1½ teaspoons vanilla 2 squares unsweetened chocolate, melted NOTE: *If this fondant is not to be used at once keep in a tightly covered jar.*
CHOCOLATE DREAMS	To 1 cup Chocolate Fondant, add ½ cup chopped candied cherries and ½ cup chopped pecans. Shape into balls.	
PRALINES	Mix all ingredients together, except nuts, and cook to soft ball stage or 236° F. Cool. Add 1 cup nuts and beat vigorously until stiff and creamy. When mixture is stiff, drop rapidly from a spoon onto a greased sheet in patties about 4 inches in diameter. Press remaining pecans into top surface of each praline. Candy should stiffen immediately. Wrap in oiled paper.	1 cup brown sugar 2 cups sugar 3 tablespoons white corn syrup ¾ cup Pet Milk diluted with ½ cup water 2 teaspoons mapleine 1½ cups pecans
PINEAPPLE FUDGE	Combine milk, sugar and butter. Heat to the boiling point. Add crushed pineapple and cook to 236° F. or about 25 minutes, stirring constantly to prevent burning. Cool. Add lemon juice and beat until crystallization begins. Pour into greased pan and mark into squares.	1 cup Pet Milk 3 cups sugar 2 tablespoons butter 1 cup crushed pineapple, drained 2 teaspoons lemon juice
COCONUT KISSES	Combine all dry ingredients. Add milk and vanilla and mix well. Drop from a teaspoon onto pan lined with oiled paper. Bake in a moderate oven (350° F.) until light brown. This usually takes about 30 minutes. Remove from pan while still warm and mold into shape if needed. NOTE: *This candy may be served as a fancy tea cake.*	½ cup sugar 1½ cups shredded coconut 1 tablespoon flour ¼ cup raisins ¼ cup candied cherries ¼ teaspoon salt ¼ cup Pet Milk ½ teaspoon vanilla

MAPLE FUDGE

2 cups maple syrup
1 tablespoon white corn syrup
⅔ cup Pet Milk
⅔ cup walnut meats, coarsely chopped

Combine maple syrup, corn syrup and milk and place over low flame. Stir constantly until mixture begins to boil. Continue cooking, without stirring, until a small amount of syrup forms a soft ball in cold water (236° F.). Remove from fire. Cool to lukewarm. Beat until mixture thickens and loses its gloss. Add nuts and pour at once into greased pan. When cold, cut in squares.

MEXICAN ORANGE CANDY

1 cup granulated sugar, caramelized
¼ cup boiling water
2 cups granulated sugar
1 cup Pet Milk
Pinch salt
2 teaspoons grated orange rind
1 cup nuts

NOTE: *This candy makes a delicious icing for plain, spice or white cake. If too thick to spread easily, thin with a little undiluted Pet Milk.*

Caramelize the 1 cup of sugar by sifting slowly into a hot frying pan. Shake pan vigorously to prevent burning. Add boiling water to caramelized sugar and boil until sugar is dissolved. Add 2 cups sugar, milk and salt and boil to soft ball stage (236° F.) stirring constantly. Just before the candy is done add orange rind. Remove from fire, cool, beat and add nuts. Drop from a teaspoon onto oiled paper.

MINTS

1 tablespoon Pet Milk
1 egg white
2 cups confectioner's sugar (about)
1 teaspoon mint extract or 4 drops oil of peppermint

Add milk to unbeaten egg white and stir in gradually enough sugar to handle. Flavor and drop by teaspoons on oil paper or shape into patties with pastry tube.

NOTE: *This mixture may be colored with any vegetable coloring.*

NUT CREAM DROPS

1½ cups sugar
¾ cup Pet Milk diluted with
¼ cup water
2 tablespoons white corn syrup
1 teaspoon vanilla
Pinch of salt
½ cup nuts

Mix sugar, diluted milk and corn syrup. Boil slowly until a small amount when dropped in cold water will form a soft ball (236° F.). Remove from fire and cool slowly 10 minutes. Add vanilla and salt. Beat until thick and creamy. Add nuts and drop by teaspoons on oiled paper.

SULTANA NUT CREAMS

Add ¼ cup seeded raisins and ¼ cup candied cherries to Nut Cream Drops in place of the nuts.

PENOCHE

1 cup brown sugar
2 cups white sugar
1½ cups Pet Milk
2 tablespoons butter
1 teaspoon vanilla
1 cup walnuts

NOTE: *For cake icing, omit the nuts. If too thick to spread easily, thin with a little undiluted Pet Milk.*

Mix sugars and milk well. Bring to the boiling point, stirring until sugar is dissolved. Cook to 236° F. or until a small amount when dropped into cold water will form a soft ball. Add butter and cool until lukewarm, then beat until creamy. Add vanilla and nuts and pour into greased pan. When cold, cut into squares. If mixture should curdle, it will be smooth after beating.

CHOCOLATE FUDGE

Melt chocolate over hot water in pan in which candy is to be cooked. Add sugar, salt and corn syrup and mix well. Add milk and blend well. Cook rapidly until sugar is dissolved, stirring constantly. Reduce flame and cook slowly to 236° F. or until mixture forms a soft ball when dropped into cold water Cool without stirring until the hand can be held comfortably on the bottom of the pan. Add vanilla. Beat vigorously until thick and creamy. Add nuts if desired and put into greased pan. Cut into squares when thoroughly cool.

- 2 squares unsweetened chocolate
- 2 cups sugar
- ¼ teaspoon salt
- 2 tablespoons white corn syrup
- 1 cup Pet Milk
- 1 teaspoon vanilla
- ¾ cup nuts

NOTE: *No butter is necessary in this recipe to produce candy with a creamy texture.*

MARSHMALLOW FUDGE

Increase chocolate in Chocolate Fudge to 3 squares. Cook, cool and beat as in Chocolate Fudge. When ready to put into greased pan, add 1 cup marshmallows, cut into bits, in place of the nuts.

Chocolate Fudge
- 1 cup marshmallows, cut into bits

Things to Remember When Making Candy

1. Cook candy in a smooth saucepan large enough to allow it to boil. A 2-quart pan is used for all these recipes except caramels, which requires a 3-quart size.
2. Cook creamy candies rapidly and stir frequently until sugar is dissolved, then slowly without stirring.
3. Keep scraping down sugar crystals from the side of the pan with tip of spoon or cheese-cloth wrapped on a fork and dipped in cold water.
4. A candy thermometer is useful but should not be depended upon alone in candy testing since atmospheric pressure varies from time to time. It is well to use in addition to a thermometer the "cold water" test.
5. Make the "cold water" test by removing pan of candy from fire. Fill a small bowl with cold water. Allow candy to fall in small drops rather than large ones into the water. If a drop can be formed into a ball that will hold its shape, the candy is done. Otherwise, continue cooking.
6. Cool creamy candies before beginning to beat. This will prevent sugaring.
7. A wooden spoon is best for stirring.
8. Cooling hot candy mixtures is facilitated by setting the pan in cold water, changing the water when it becomes warm. Do not stir or shake the pan.
9. Candy is ready to beat when the hand may be held on the bottom of the pan with comfort (about 135° F.).

EGGS-CHEESE

The good features of Pet Milk in cooked dishes are well illustrated in the egg and cheese recipes here given. That more of the milk-food substances can be put in the diet, and at the same time that the food can be made more appetizing—these are the two outstanding virtues of Pet Milk, aside from the distinct economy of it.

Question might be raised as to the necessity of using more milk with egg and cheese dishes, since the eggs and the cheese are both similar to milk in food composition. The answer is, of course, that it doesn't matter where and how the milk is put in the diet, since it is essential that it be there.

And the quantities of milk that can be put in the diet through the use of Pet Milk in these egg and cheese dishes are by no means negligible. In the Cheese Soufflé, for example, the full cup of Pet Milk is the equivalent of a pint of extra-rich milk. This recipe, eaten by six adults, would give each of them one-sixth of the minimum requirement of a pint of milk a day which health rules prescribe. And the flavor of the dish is so much improved that they'll like to eat the food.

Without the Use of Butter

The one and one-half cups of Pet Milk in the Blushing Bunnies not only give a distinctly better flavor to the food but make it possible to prepare the dish without any butter. In the Noodle Ring the undiluted Pet Milk gives the rich cream and butter flavor which is ordinarily produced with a liberal amount of butter. You will notice also that there is no butter in the Noodle Ring.

Omelets are usually made with water. The undiluted Pet Milk in the Omelet recipe included in this section provides not only the desirable quality of fine flavor but adds more wholesome food substance than is ordinarily found in omelets

On Every Menu

The recipes in this section enable you to do much in the direction of putting the required amount of milk in the diet. The book as a whole will enable you every day to put in the food for your family the full quota of milk they need, and you'll give them, too, more delicious dishes on every menu. We emphasize the need, because it is important. We know that if our emphasis should help you to use more of this most wholesome milk, we shall have contributed to the better health and happiness of your family.

STUFFED CELERY

¾ cup cream cheese
1½ tablespoons Pet Milk
3 tablespoons chopped nuts
¾ teaspoon onion juice
1½ teaspoons chopped green pepper
6 stalks celery

Combine cheese with milk, nuts, onion juice and green pepper. Fill the stalks of crisp, clean celery lightly with cheese mixture. Garnish with dashes of paprika. Serves 6.

DEVILED EGGS

4 hard-cooked eggs
2 tablespoons Pet Milk
2½ teaspoons anchovy paste

Cut eggs lengthwise and remove yolks. Mash well with milk and anchovy paste. Fill egg whites with the mixture. Chill before serving. Serves 8.

PIMIENTO CHEESE BALLS

⅓ cup Pet Milk
½ pound yellow cheese
¼ teaspoon salt
1½ pimientos, chopped

Put milk in double boiler. Add cheese and salt. Cook until thoroughly melted. Beat with wire beater. Add pimientos and beat well again. When cool, roll into inch balls and serve with any green salad.

NOTE: *This mixture may be used as a sandwich spread.*

BLUSHING BUNNIES

1 tablespoon flour
½ teaspoon salt
1½ cups Pet Milk
2 cans tomato soup
6 eggs
12 tablespoons grated cheese
6 slices cooked ham, or 12 slices broiled bacon
6 slices toast

Mix flour and salt. Add milk slowly to make a smooth paste. Bring to boiling point, stirring constantly. Heat tomato soup. Drop eggs one at a time into hot soup and sprinkle with 6 tablespoons cheese. Cover and let eggs poach slowly until whites are set. Arrange ham or bacon on buttered toast. Place one egg on each serving. Pour soup slowly into hot milk mixture, stirring constantly. Pour over eggs and sprinkle with remaining cheese. Serves 6.

CHEESE SOUFFLE

2 tablespoons flour
½ teaspoon salt
Few grains cayenne
1 cup Pet Milk
1 cup grated cheese
3 eggs, separated

Mix the flour, salt and cayenne with a little of the milk to a smooth paste. Add it to the remaining milk and bring slowly to the boiling point, stirring constantly. Add cheese and stir until it melts. Remove from fire and pour over beaten egg yolks. When cool, fold in the stiffly-beaten egg whites. Pour into a greased baking dish and set in a pan of warm water. Bake in a moderate oven (375° F.) 45 to 50 minutes. Serve immediately. Serves 6.

ASPARAGUS WITH PIMIENTO CHEESE SAUCE

Melt butter, add milk, salt and pepper and stir until smooth; add cheese and stir until melted, then add pimientos. Heat asparagus tips by placing over hot water. Arrange on toast and pour sauce over all. Serves 6.

- 2 tablespoons butter
- 1 cup Pet Milk
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 cup chopped cheese
- 2 tablespoons chopped pimientos
- 1 can asparagus or 18 tips
- 6 slices toast

BAKED NOODLES, CHEESE AND HAM

Mix the flour, salt and pepper with a little of the diluted milk to a smooth paste. Add it to the remaining milk and bring slowly to the boiling point, stirring constantly. Put a layer of noodles in a greased casserole, sprinkle with cheese and ham and pour the sauce over it. Then add alternate layers of noodles, cheese, ham and sauce until all the ingredients are used. Cover and bake in a hot oven (400° F.) 25 to 30 minutes. Serves 8.

- 2 tablespoons flour
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup Pet Milk diluted with
- 1 cup water
- 2½ cups cooked noodles
- ¾ cup grated cheese
- 1 cup cold ham, coarsely ground

NOTE: *Left-over noodles and baked, fried or boiled ham may be used.*

FONDUE (Basic Recipe)

Scald diluted milk in double boiler. Add bread, butter, well-beaten egg yolks and salt. Cook slowly until thickened, stirring occasionally. Cool 5 or 10 minutes and then fold in stiffly-beaten egg whites. Pour into greased baking dish or individual cups, set in pan of hot water and bake in moderate oven (375° F.) 40 minutes or until a knife when inserted will come out clean. Serves 6.

Cheese Fondue: Add 1 cup grated cheese to fondue after egg yolks are added. Cook slowly until cheese is melted and eggs are thickened.

Ham Fondue: Add 1½ cups ground cooked ham just before egg whites are added. Serve with Savory Sauce (page 56).

Vegetable Fondue: Add 1½ cups chopped, left-over vegetables just before egg whites are added. Serve with Sauce a la Queen (page 56).

- ½ cup Pet Milk diluted with
- ½ cup water
- 1 cup bread, cut in small pieces
- 1 tablespoon butter
- 3 eggs, separated
- ½ teaspoon salt

SUGGESTED LUNCHEON

*Cheese Fondue**
*Head Lettuce with Russian Dressing**
Sliced Oranges
*Chocolate Drop Cookies**

SUGGESTED DINNER

*Cream of Corn Soup**
*Ham Fondue**
Molded Gelatin Salad with French Dressing
Buttered Green Beans
*Caramel Pecan Pie**

**Recipes are contained in this book. See Index.*

MACARONI, CHEESE AND MUSHROOMS

Cook macaroni in boiling salted water 10 minutes. Simmer mushroom stems and peelings in water to make a stock. Drain. Slice mushroom caps and saute in butter 5 minutes, reserving 4 or 5. Drain macaroni, add mushrooms, pimiento, White Sauce (page 74) in which cheese has been melted. Add ½ cup mushroom stock. Turn into baking dish, place bacon strips over top and remaining mushrooms. Bake in hot oven (400° F.) 30 to 40 minutes. Place under flame to finish browning if necessary. Serves 8.

- 2 cups macaroni
- ½ teaspoon salt
- ½ pound mushrooms
- ½ cup water
- 2 tablespoons butter
- 1 pimiento, chopped
- 1¾ cups white sauce
- ½ cup grated cheese
- 6 strips lean bacon

NOTE: *A tasty combination that may be served occasionally in place of meat.*

CHINESE MOLDS

2 eggs
½ cup Pet Milk diluted with
½ cup water
1 cup cooked rice
1 cup grated cheese
½ teaspoon salt
⅛ teaspoon pepper

Beat eggs, add diluted milk and remaining ingredients. Mix thoroughly and put into greased custard cups. Place in a pan of hot water and bake in moderate oven (350° F.) 45 minutes. Serves 6.

NOTE: *May be served in molds or turned out and arranged on platter.*

EGG CROQUETTES

1 tablespoon butter
4 tablespoons flour
1 teaspoon salt
Few grains pepper
½ cup Pet Milk diluted with
½ cup water
4 hard-cooked eggs
Bread or cracker crumbs

Melt butter in saucepan, and when bubbling, add flour mixed with salt and pepper. Stir until well blended, then gradually add diluted milk, and stir until smooth. Cut up eggs into this thick white sauce while it is still hot. Allow mixture to cool and by tablespoonfuls roll in crumbs, then in undiluted Pet Milk and again in crumbs. Fry in deep fat (380° F.) until brown. See Frying Guide, page 10. Drain. Makes 6 croquettes.

EGGS A LA GOLDENROD

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
Few grains pepper
½ cup Pet Milk diluted with
½ cup water
2 hard-cooked eggs
4 slices toast

Melt butter; add flour mixed with dry ingredients. Pour on gradually the diluted milk and stir until smooth. Then add whites of hard-cooked eggs, chopped fine. Spread on toast and force yolks of eggs through potato ricer or strainer on top of whites. Garnish with parsley. Serves 4.

RAREBIT

1 tablespoon butter
½ pound American cheese
1 cup Pet Milk
Paprika

Melt the butter and finely cut cheese over a low flame. Add the milk slowly, stirring constantly, and cook mixture until slightly thickened (about 5 minutes). Season with paprika and serve on toast, or pour into a jar, cool and keep in a cold place to be used later as a spread for crackers. Makes 1½ cups.

NOODLE RING

1¾ cups uncooked noodles
2 eggs, separated
¾ cup Pet Milk, scalded
1 cup grated cheese
Salt and pepper
1 teaspoon Worcestershire Sauce
3 tablespoons Chili Sauce

NOTE *Chicken a la King, Creamed Salmon and Peas, Creamed Oysters or Tuna Fish or any other creamed combination can be served in the center of the Noodle Ring*

Cook noodles in boiling salt water until tender. Drain. Beat egg yolks slightly and gradually pour over them the milk in which cheese has been melted. Season with the salt, pepper, Worcestershire and Chili Sauce. Add noodles. Fold in stiffly-beaten egg whites and pour into greased ring mold. Set mold in pan of warm water and bake in a slow oven (325° F.) until firm (about 50 minutes or until a silver knife inserted comes out clean). Serves 6.

PLAIN OMELET

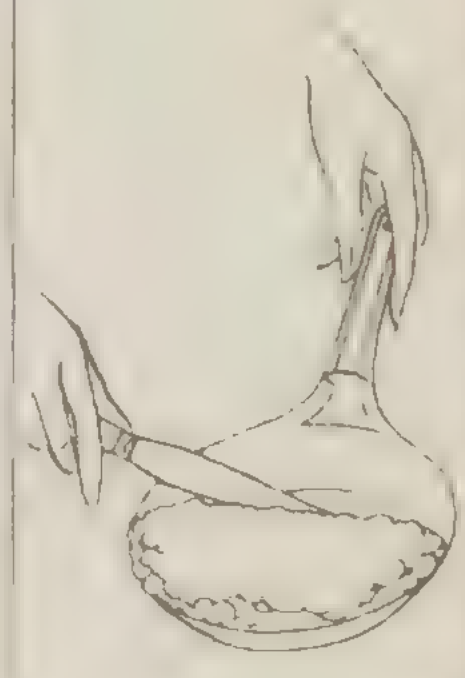
Beat egg yolks until thick and lemon colored. Add milk and seasonings to taste. Beat egg whites until stiff and dry. Fold whites into egg-yolk mixture. Pour into hot, greased omelet or frying pan and spread evenly. Cook over a low flame until omelet is a golden brown on the underside. Place in a moderate oven (350° F.) until top is dry and firm. Loosen from pan with spatula and turn out on platter. Serve at once. Serves 6.

Vegetable Omelet: Add 1 cup chopped, left-over vegetables to plain omelet before pouring into pan. Serve with Savory Sauce (page 56).

Spanish Omelet: Mix and cook plain omelet. Serve with Tomato Cream Sauce (page 56) around the omelet.

Luncheon Omelet: Add 1 cup chopped meat, bacon or mushrooms to plain omelet before pouring into pan. Serve with Tomato Cream or Savory Sauce (page 56).

6 eggs, separated
6 tablespoons Pet Milk
Salt and pepper



SAVORY EGGS

Cut eggs in two lengthwise and remove yolks. Mash yolks, add seasonings, milk, parsley, anchovy or any desired relish and refill the whites. Place on toast and pour White Sauce (see page 74) in which bouillon cube has been dissolved.

6 hot, hard-cooked eggs
Salt and pepper
¼ cup hot Pet Milk
1 teaspoon chopped parsley
Anchovy paste to taste
6 slices hot, buttered toast
1 cup hot, white sauce
1 bouillon cube

SCRAMBLED EGGS

Beat eggs slightly; add milk, salt and pepper and pour into hot, greased frying pan. Stir from the bottom as mixture thickens and cook until of creamy consistency. Serves 5.

5 eggs
½ cup Pet Milk
½ teaspoon salt
⅛ teaspoon pepper

TAPIOCA CHEESE CUTLETS

Heat milk in double boiler, add tapioca and cook 20 minutes, stirring often. Add cheese, stir until melted. Remove from fire, add seasonings, allow mixture to cool thoroughly and shape into cutlets. Roll in crumbs, then in undiluted Pet Milk and in crumbs again. Fry in deep fat (360° F.) about 3 minutes or until brown. See Frying Guide, page 10. Makes 10 cutlets.

2½ cups Pet Milk
⅔ cup quick-cooking tapioca
1½ cups grated cheese
1 teaspoon prepared mustard
½ teaspoon salt
⅛ teaspoon pepper
2 teaspoons grated onion
Bread or cracker crumbs

Frozen Gelatin DESSERTS and Sweet Sauces

FROM the plain ice creams to the whipped and frozen desserts that are so interesting and so delicious, Pet Milk will delight you. You'll wonder at the fine smooth texture. That is due to

one of the characteristics of the milk—the small fat globules that result from homogenization. The richness —here again your food has the richness of the whole milk. The children may eat as much as they will. The more they eat the better off they'll be.

The Extraordinary Case

Nowhere does the excellence of Pet Milk stand out so prominently as when it is used in place of cream. It will probably astonish you to learn that Pet Milk has the same *degree* of richness that ordinary cream has. But it is *better* richness. Cream is rich only in butterfat. Pet Milk richness contains all the milk-food substances the substances that make milk —*not* cream — the most nearly perfect food. When you use Pet Milk in place of cream, the food is never *too* rich, for the richness is the wholesome richness of whole milk.

HOW TO WHIP PET MILK

Directions for preparing the milk to whip

METHOD I.

Milk prepared this way may be stored in the refrigerator for several days and whipped when needed.

Place the unopened can of milk in a pan and cover with cold water. Heat to the boiling point. Remove can and chill thoroughly.

METHOD II.

To prepare milk for whipping in a few minutes.

Pour the necessary quantity of Pet Milk into the top part of a double boiler and heat over boiling water to the scalding point. This will thicken the milk by evaporating some of the water from it. Due to the evaporation of water, a film or glaze of milk solids will form at the surface. Some of this may settle to the bottom. This should not be discarded as it will blend smoothly with the rest during whipping and will aid in stiffening the milk. When the milk has reached the scalding point it should be chilled thoroughly.

After the milk has been prepared for whipping by either method pour quantity of milk called for in recipe into a shallow enamel or china bowl. Whip until stiff with rotary beater. Surrounding the bowl with an ice and salt mixture and having the whipper and bowl ice cold quickens the whipping.

Some prefer to start with ¼ cup of milk, whipping it stiff and gradually adding more milk until the desired amount has been whipped.

The size of bowl found most satisfactory is from 4 to 4½ inches in diameter across the base. *In tests conducted to find the best way to whip Pet Milk it was astonishing to discover the extent to which size and shape of bowl contributed to the facility of whipping.*

The above directions are a resume of the result of tests made for Pet Milk Company by Good Housekeeping Institute, Modern Priscilla Proving Plant and two food consultants.

CHOCOLATE ICE CREAM

- 2 squares unsweetened chocolate
- ½ cup boiling water
- 1 cup sugar
- Pinch salt
- 2 cups Pet Milk
- 1 tablespoon vanilla

Melt chocolate in double boiler. Add the boiling water gradually. Add sugar and salt and cook 1 minute. Cool. Add milk and vanilla and freeze. Serves 6.

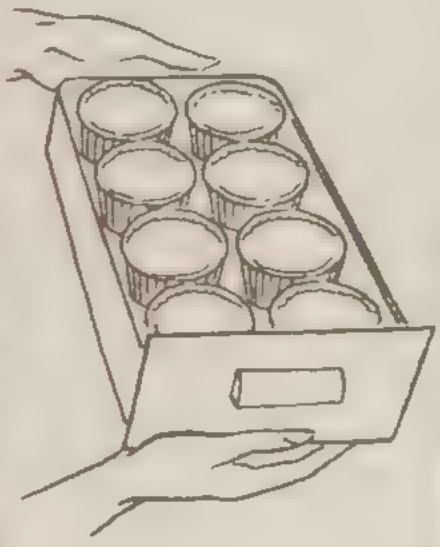
MAPLE MOUSSE

- 1 cup maple syrup
- 4 egg yolks
- Pinch salt
- 2 cups Pet Milk

Boil syrup 5 minutes. Remove from fire and pour slowly over well-beaten egg yolks, beating constantly. Add salt and cool. Fold in milk that has been properly chilled and whipped until stiff (see page 38). Freeze in a mechanical refrigerator tray or in mold packed in a 1:2 salt-ice mixture. Serves 8.

To Freeze in Mechanical Refrigerator

Chill all mixtures thoroughly before pouring into tray. Stir with a spoon from front to back of tray at half hour intervals during freezing process.



Freezing in Paper Cups

Individual paper baking or nut cups may be used to freeze any of the recipes in this booklet. Shallow cups the right size should be chosen because the mixture will freeze more rapidly than in larger ones. Fit cups into freezing tray and pour in the mixture, filling to the rim. The dessert need not be removed from the cases before serving. Attractive decorations to surround the cup may be made from crepe paper.

CAFE MOUSSE

- ½ tablespoon granulated gelatin
- 2 tablespoons cold water
- 1½ cups strong coffee
- 1 cup sugar
- 3 eggs
- 1 teaspoon vanilla
- 2 tablespoons sherry flavoring
- 1½ cups Pet Milk

Soak gelatin in cold water 5 minutes. Cook coffee and sugar together until syrupy. Beat eggs slightly and pour hot syrup over them. Cook in double boiler 5 minutes. Add gelatin and stir until dissolved. Strain and cool. Add vanilla and sherry flavoring. Fold in milk that has been properly chilled and whipped until stiff (see page 38). Pour into mold and pack in a 1:2 salt-ice mixture or freeze in a mechanical refrigerator tray. Serves 8.

MINT MOUSSE

- 1 cup sugar
- 3 tablespoons cornstarch
- 2 tablespoons butter
- 2 tablespoons lemon juice
- 2 cups boiling water
- 1 teaspoon mint extract or 4 drops oil of peppermint
- Green vegetable coloring
- 1 cup Pet Milk
- 2 egg whites

Blend together the sugar, cornstarch, butter and lemon juice. Add the boiling water, stir until smooth and cook until thick and clear, stirring constantly to prevent lumping. Add mint extract and desired coloring. Chill. Fold in milk that has been properly chilled and whipped with egg whites until stiff (see page 38). Turn into mold, pack in 1:2 salt-ice mixture, or freeze in mechanical refrigerator tray. Serves 8.

FROZEN CHERRY PUDDING

Cover gelatin with cold water and let stand until soft. Cook cherries and sugar until sugar is dissolved. Add cherry juice and let come to a boil. Add gelatin and remove from fire at once, stirring until gelatin is dissolved. Let cool and place on ice. When it begins to thicken, mix with cold milk and unbeaten egg whites. Place in bowl of ice and whip until stiff. Pack in a 1:2 salt-ice mixture. Serves 8.

⅔ teaspoon granulated gelatin
1 tablespoon cold water
⅔ cup sour cherries (measured when stoned and cut up)
1¼ cups sugar
⅔ cup cherry juice
2 cups Pet Milk
2 egg whites

APRICOT PARFAIT

Soak apricots in cold water overnight, after cutting into small pieces. Cook to a mush in the morning. Put through sieve. Heat diluted milk in a double boiler, add the cornstarch which has been mixed with a little cold water. Beat egg yolks, add sugar and the hot milk mixture. Return to double boiler and cook until custard coats the spoon, stirring constantly. Add gelatin, which has been soaked in a little cold water, and cook until dissolved. Pour over the cooked apricot pulp and mix well. Chill. Whip milk that has been properly chilled until stiff (see page 38) and fold in the apricot mixture. Freeze in mechanical refrigerator tray or in mold packed in a 1:2 salt-ice mixture. Serves 8

16 dried apricot halves
½ cup cold water
⅓ cup Pet Milk diluted with
⅔ cup water
1 tablespoon cornstarch
2 egg yolks
⅔ cup sugar
½ teaspoon granulated gelatin
1 tablespoon cold water
⅔ cup Pet Milk

ORANGE MILK SHERBET

Chill milk in refrigerator or a pan of chopped ice. Boil sugar, salt, and water until there is 1 cup of syrup. Add orange and lemon juice and chill. Pour orange mixture into the milk. Freeze. Serves 6.

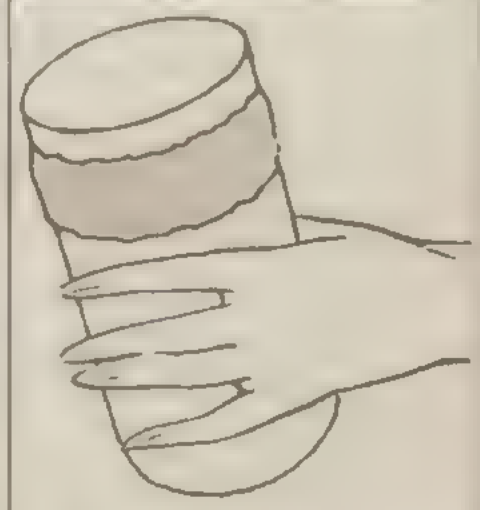
¾ cup Pet Milk
1 cup sugar
Few grains salt
½ cup water
1 cup orange juice
1 tablespoon lemon juice

Variations Using Orange Milk Sherbet

Orange Milk Sherbet may be served in cantaloupe halves.

With Peaches and Strawberries: Arrange sliced peaches and strawberries in dessert glasses. Sprinkle over with minced Maraschino cherries. Set in refrigerator until needed. Just before serving, fill the glasses with Orange Milk Sherbet.

With Pineapple and Strawberries: Mix ⅔ cup, each, fresh shredded pineapple and strawberries, cut in quarters. Sprinkle with ¼ cup powdered sugar. Cover and let stand in a cold place 2 hours. Put mixture in 8 dessert glasses and cover with Orange Milk Sherbet.



To mold frozen desserts, seal ordinary tin can with strip of muslin dipped in melted fat. Bury in salt-ice mixture.

STRAWBERRY MOUSSE

- 4 cups strawberries
- 1 cup sugar
- 2 tablespoons cornstarch
- Pinch salt
- 2 tablespoons water
- 1 cup Pet Milk
- 2 egg whites

Wash, stem and press strawberries through sieve. Add sugar, and heat to boiling point. Mix cornstarch and salt with water to form a smooth, thin paste and add to hot mixture, stirring constantly to prevent lumping. Cook until thick and clear. Chill. Fold in milk that has been properly chilled and whipped with egg whites until stiff (see page 38). Freeze in mechanical refrigerator tray or in a mold packed in a 1:2 salt-ice mixture. Serves 8.

TUTTI-FRUTTI ICE CREAM

- 1 cup orange pulp
- ¼ cup Maraschino cherries
- 2 bananas
- ½ cup crushed pineapple
- 2 tablespoons lemon juice
- ¾ cup sugar
- 1 teaspoon granulated gelatin
- 1 tablespoon cold water
- ¾ cup Pet Milk
- ¼ cup chopped nuts

Cut the orange pulp and cherries in small pieces and mash the bananas. Combine fruit and sugar. Add gelatin, which has been softened in cold water and dissolved over hot water. Fold in whipped milk (see page 38) and nuts. Pack in a 1:2 salt-ice mixture or in mechanical refrigerator tray. Serves 8.

PINEAPPLE SHERBET

- 1½ cups Pet Milk
- 1 cup sugar
- Few grains salt
- 1 cup water
- 2 tablespoons lemon juice
- 2¼ cups crushed pineapple

Chill milk. Add sugar, salt, water, and lemon juice to pineapple. Stir thoroughly and chill. Then add pineapple mixture to the milk. Freeze like any ice cream. Serves 8.

RASPBERRY MILK SHERBET

- 1 cup canned raspberries
- 1 cup Pet Milk diluted with
- 1 cup water
- ½ cup sugar
- Few grains salt
- Juice 1 lemon
- 1 tablespoon vanilla

Force raspberries through a strainer. Add diluted milk, sugar, salt, lemon juice and vanilla. Freeze like any ice cream. Serves 6.

PEACH MOUSSE

- ⅔ cup sugar
- 2 cups sliced peaches (about 4 good-sized peaches)
- ½ teaspoon granulated gelatin
- 1 tablespoon cold water
- ⅓ cup Pet Milk diluted with
- ⅔ cup water
- ½ teaspoon salt
- 1 tablespoon cornstarch
- 2 egg yolks, beaten
- ⅔ cup Pet Milk
- 1 teaspoon vanilla

Mix sugar and peaches and let stand for 30 minutes. Force through a coarse sieve. Soak gelatin in cold water until soft. Scald diluted milk in double boiler and add salt and cornstarch, which have been mixed with enough cold water to form a smooth, thin paste. Cook until mixture coats the spoon. Pour over egg yolks, return to double boiler and cook until thick. Remove from fire, add gelatin and stir until dissolved. Chill. When cool, fold in the peaches, milk which has been properly chilled and whipped until stiff (see page 38) and the vanilla. Freeze in mechanical refrigerator tray or in mold packed in a 1:2 salt-ice mixture. Serves 8.

BISCUIT TORTONI

Make a syrup by boiling the sugar and water to the thread stage. Add gelatin softened in cold water and pour slowly, while beating, into milk and egg whites which have been whipped together until stiff (see page 38). Add salt, vanilla, macaroon crumbs and nuts. Freeze in mechanical refrigerator tray or in mold packed in a 1:2 salt-ice mixture. Serves 8.

½ cup brown sugar
¼ cup water
2 teaspoons granulated gelatin
2 tablespoons cold water
1 cup Pet Milk
2 egg whites
Speck salt
1 teaspoon vanilla
½ cup dry macaroon crumbs
½ cup nuts

PINEAPPLE DELIGHT

Heat pineapple juice to boiling point. Add sugar and salt. Mix cornstarch with enough water to form a smooth, thin paste and add to hot mixture. Cook until clear and thick, stirring constantly. Chill. Fold in milk that has been properly chilled and whipped with egg whites until stiff (see page 38). Add crushed pineapple. Turn into mechanical refrigerator tray or into mold and pack in a 1:2 salt-ice mixture. Serves 8.

1 cup pineapple juice
2 tablespoons sugar
Pinch salt
2 teaspoons cornstarch
1 cup Pet Milk
2 egg whites
1 cup crushed pineapple, drained

BURNT ALMOND MOUSSE

Put sugar into a heavy saucepan, place on stove, and stir constantly until melted and golden brown. Add boiling water and simmer until sugar is entirely dissolved. Add gelatin, which has been softened in cold water. Add ½ cup of the milk and let stand until thickened. Whip the rest of the milk (see page 38) and fold into the first mixture. Add vanilla. Freeze in mechanical refrigerator tray or in mold packed in a 1:2 salt-ice mixture until partially frozen. Add nuts, beat well and continue freezing. Serves 8.

½ cup sugar
½ cup boiling water
1 teaspoon granulated gelatin
1 tablespoon cold water
1½ cups Pet Milk
1 teaspoon vanilla
⅛ cup chopped, roasted almonds

CARAMEL BISQUE

Put ⅓ cup water and ⅔ cup sugar in frying pan and stir until dissolved, and boil until it becomes a light brown syrup. Add to ⅓ cup water and 1 cup milk scalded over hot water. When syrup is melted, add to eggs mixed with ⅓ cup sugar and few grains salt. Return to double boiler and cook, stirring constantly until custard coats the spoon. Remove from fire, cool and add 1½ cups milk and vanilla. Freeze in mechanical refrigerator tray or in mold packed in a 1:2 salt-ice mixture. Serves 8.

⅔ cup water
1 cup sugar
2½ cups Pet Milk
2 eggs
Few grains salt
1 tablespoon vanilla

NOTE: *For a delicious variation, add ½ cup coarsely ground nuts with the vanilla.*

1½ cups sugar 1 tablespoon flour ⅛ teaspoon salt 3 cups boiling water 3 eggs, beaten 1 tablespoon vanilla 3 cups Pet Milk	Mix sugar, flour and salt. Add water and boil 3 minutes, stirring constantly. Pour mixture over eggs slowly to prevent curdling. Return to fire and cook 2 minutes longer. Cool, add vanilla and fold into the milk that has been chilled and whipped stiff (see page 38). Freeze in mechanical refrigerator tray or in mold packed in a 1:2 salt-ice mixture. Serves 8.	FROZEN CUSTARD
1½ teaspoons granulated gelatin 2 tablespoons cold water 2 squares chocolate ⅓ cup hot water ½ cup sugar 1 teaspoon vanilla 1¼ cups Pet Milk	Soak gelatin in cold water until soft. Melt chocolate in double boiler and add hot water gradually. Add gelatin and sugar and cook until thoroughly blended. Cool; add vanilla and milk, which has been properly chilled and whipped stiff (see page 38). Freeze in mechanical refrigerator tray or in mold packed in a 1:2 salt-ice mixture. Serves 6.	CHOCOLATE MOUSSE
Frozen Custard Plain Cake (page 21) Butterscotch Sauce (page 48)	Place a scoop of Frozen Custard between and on top of 2 slices of Plain Cake and pour the Butterscotch Sauce over it and sprinkle with pecans.	BUTTERSCOTCH PECAN SANDWICH
1 can apricots ½ cup sugar 1 slice orange Frozen Custard Raspberry jam	Remove apricots from can and cut into small pieces. To the syrup remaining in the can add sugar and orange. Bring to the boiling point and let simmer 3 minutes; add apricots and continue the boiling until the syrup is thick and the apricots very soft. Chill. Put 2 tablespoons in each glass, fill with Frozen Custard and garnish with raspberry jam.	APRICOT COUPE
Plain or Sponge Cake Frozen Custard or Maple Mousse (page 39) Peaches, cut in halves	Toast rounds of Plain or Sponge Cake (see Cakes) and cool. On each round put 1 tablespoonful Frozen Custard or Maple Mousse. Top with half a fresh or canned peach and pour some of the syrup over all.	NORDICA PEACHES
Frozen Custard Waffles Butterscotch Sauce (page 48)	Place a scoop of Frozen Custard between warm Waffles (page 13) and cover with Butterscotch Sauce. Sprinkle with chopped nuts if desired.	LUXURO ICE CREAM SANDWICH

PINEAPPLE ICE CREAM PIE	Fill a cool, baked pastry shell (page 62) with Frozen Custard. Cover with layer of crushed pineapple, well drained. Top with a meringue made by beating 2 egg whites with 4 tablespoons sugar. Brown quickly in a hot oven (400° F.) and serve immediately.	Pastry shell Frozen Custard (page 43) Crushed pineapple Meringue
BAKED ALASKA	Bake Sponge Cake (page 20) in a sheet tin about 8 x 10 inches. Cool. Cover with Frozen Custard or Strawberry Mousse and cover with meringue. (See directions for making under Pineapple Ice Cream Pie.) Brown quickly in a hot oven (400° F.), cut in squares and serve immediately. Serves 9.	Sponge Cake Frozen Custard (page 43) or Strawberry Mousse (page 41) Meringue NOTE: *For individual Baked Alaska, cut Sponge Cake in rounds or squares and proceed as above.*
BANANA CHARLOTTE RUSSE	Dissolve gelatin in boiling water. Add orange juice. When slightly thickened, whip until light and fluffy. Fold in milk that has been properly chilled and whipped until stiff (see page 38). Add bananas just as mixture begins to set. Line individual molds with lady fingers or strips of Sponge Cake (page 20) and fill center with mixture. Chill until firm. Unmold. Serves 6.	1 package lemon gelatin 1 cup boiling water 1 cup orange juice ½ cup Pet Milk 3 bananas, cut in small pieces 1 dozen lady fingers or strips of Sponge Cake
SPANISH CREAM	Soften gelatin in cold water. Scald the diluted milk in a double boiler. Pour slowly onto beaten egg yolks, add sugar and salt, return to the double boiler and cook, stirring constantly, until slightly thickened. Remove from the fire and stir in the gelatin, add vanilla and cool. When the custard has cooled fold in the stiffly-beaten egg whites. Pour into molds previously rinsed in cold water and chill thoroughly. Serves 6.	1 tablespoon granulated gelatin ¼ cup cold water ¾ cup Pet Milk diluted with ¾ cup water 2 eggs, separated ½ cup sugar ⅛ teaspoon salt 1 teaspoon vanilla
CRANBERRY SOUFFLE	Combine the diluted milk and ½ cup sugar and place in the top of a double boiler. When hot, pour over egg yolks well beaten together with ½ cup sugar and salt. Return to double boiler and cook until thick, then add cranberry pulp, lemon juice, and gelatin, which has been softened in cold water. Continue cooking until the gelatin has dissolved, then turn out and cool. When cold, fold in the egg whites stiffly beaten. Pile in serving dishes or in mold rinsed in cold water and serve cold. Serves 6.	½ cup Pet Milk diluted with ½ cup water 1 cup sugar 3 eggs, separated ¼ teaspoon salt 1 cup cooked, sieved cranberries 1 tablespoon lemon juice 1 tablespoon granulated gelatin 1 tablespoon cold water

CHOCOLATE ICE-BOX CAKE

- 3 squares unsweetened chocolate, cut in pieces
- 1 cup Pet Milk diluted with
- 1 cup water
- 1½ tablespoons granulated gelatin
- ½ cup cold water
- 1 cup sugar
- ⅛ teaspoon salt
- 1 teaspoon vanilla
- Lady fingers or slices of Plain Cake (page 21)

Add chocolate to diluted milk, and heat in double boiler. When chocolate is melted, beat with egg beater 1 minute, or until blended. Soak gelatin in cold water, add sugar and salt, mix well. Add to chocolate mixture and stir until gelatin is thoroughly dissolved. Strain. Chill until slightly thickened, stirring occasionally. Add vanilla. Beat well and turn into mold lined with cake. Chill until firm. Unmold. Serves 8.

NOTE: *This mixture may be poured into individual molds without the cake for a delicious pudding. Serve with Custard Sauce (page 48).*

ORANGE SPANISH CREAM

- 1½ tablespoons granulated gelatin
- ½ cup cold water
- ½ cup Pet Milk
- ¾ cup sugar
- ¼ teaspoon salt
- 4 egg yolks
- 1½ cups orange juice
- Grated rind 1 orange
- 1 cup Pet Milk

Soak gelatin in cold water 5 minutes. Scald ½ cup milk in double boiler. Add sugar and salt. Pour some of hot mixture over slightly-beaten egg yolks, stirring vigorously. Return to double boiler, add gelatin and cook until thickened, stirring constantly. Add orange juice and rind. Chill. When beginning to set, add 1 cup milk that has been properly chilled and whipped until stiff (see page 38). Serves 6. Serve very cold with Orange Cream Sauce (see page 46).

NEAPOLITAN CREAM

- 1 package orange gelatin
- 2 tablespoons sugar
- 1 cup boiling water
- 1 cup orange juice
- 1 cup Pet Milk
- ½ cup orange sections (free from membrane)
- 1 cup peaches, cut in small pieces
- ½ cup pecans, chopped (may be omitted)

Dissolve gelatin and sugar in boiling water. Add orange juice and chill. When slightly thickened, beat until light and fluffy. Fold in milk that has been properly chilled and whipped until stiff (see page 38). Add fruit and nuts just as gelatin mixture begins to set. Turn into mold. Chill. Serves 6.

NOTE: *Many pleasing variations may be made by substituting other fruit combinations.*

MINT BAVARIAN MOLD

- 1¼ tablespoons granulated gelatin soaked in
- ⅓ cup water
- 1 cup Pet Milk diluted with
- 1 cup water
- ½ cup sugar
- Pinch salt
- ¾ teaspoon mint extract or 4 drops oil of peppermint
- Green vegetable coloring
- ⅓ cup Pet Milk

Soak gelatin in cold water 5 minutes. Scald diluted milk, add sugar, salt and gelatin and stir until dissolved. Add mint extract, and enough green coloring to give desired shade. Chill. When starting to congeal, fold in milk that has been whipped until stiff (see page 38). Chill mixture until slightly stiff. Line sides of 1 large mold (or individuals) with Chocolate Lady Fingers (page 23) or Sponge Cake (page 20). Fill center with mint mixture. Chill until firm. Unmold. Serves 6.

PLAIN BLANC MANGE	Soak gelatin in cold water 5 minutes. Scald diluted milk in double boiler and pour slowly over egg yolks, sugar and salt that have been beaten together. Return to double boiler and cook until custard coats the spoon, stirring constantly. Add gelatin and stir until dissolved. Cool. Add vanilla and fold in milk that has been properly chilled and whipped until stiff (see page 38). Turn into mold and chill until firm. Serves 6. Serve with Butterscotch Sauce (see page 48).	1 tablespoon granulated gelatin ¼ cup cold water 1 cup Pet Milk diluted with 1 cup water 2 egg yolks ½ cup sugar ⅛ teaspoon salt 1 teaspoon vanilla ½ cup Pet Milk
CHOCOLATE BASE	Mix sugar and cocoa together in double boiler. (If chocolate is used, melt, and then add sugar.) Add 1¾ cups milk and cook until thick, stirring occasionally. Beat until cool and add ¼ cup milk and salt. NOTE: *If this base is put in a covered jar and placed in the ice box, it will keep for several days.*	2 cups sugar 1 cup cocoa or 6 squares unsweetened chocolate 2 cups Pet Milk ⅛ teaspoon salt
CHOCOLATE BAVARIAN CREAM (Made from Chocolate Base)	Soak gelatin in cold water 5 minutes. Put chocolate base, diluted milk and salt in double boiler and stir until smooth. When hot, pour over well-beaten egg yolks, return to double boiler and cook until custard coats the spoon. Add gelatin and stir until dissolved. Cool slightly, add the stiffly-beaten egg whites and vanilla. Turn into molds. Chill until firm. Unmold and serve with Mint Cream Sauce (see page 47). Serves 6.	2 tablespoons granulated gelatin dissolved in ¼ cup cold water 1 cup Chocolate Base 1 cup Pet Milk diluted with 1 cup water Pinch salt 3 eggs, separated 1 teaspoon vanilla
ORANGE CREAM SAUCE Various fruit cream Sauces	Heat orange juice, lemon juice and sugar to boiling point. Mix cornstarch with enough water to form a smooth, thin paste and add to hot mixture. Cook until thick and clear, stirring constantly. Remove from fire, add orange rind and salt. Chill. Add to milk that has been properly chilled and whipped until stiff (see page 38). Serves 6. NOTE: *Pineapple, prunes, or the juice from berries (canned or fresh) may be substituted for the orange juice and grated orange rind. If canned fruit juices are not sweet enough, add 1 tablespoon sugar to each cup of juice. Dried fruits are delicious made into sauces. Soak them over night and cook until soft enough to press through a sieve. Add sugar to taste, heat to boiling point and proceed exactly as for Orange Cream Sauce.*	1 cup orange juice Juice from ½ lemon ½ cup sugar 2 tablespoons cornstarch ¼ teaspoon grated orange rind Pinch of salt ½ cup Pet Milk

SUNSHINE SAUCE

1 egg
½ cup sugar
Pinch salt
2 teaspoons vanilla, rum or sherry flavoring
½ cup Pet Milk
1 tablespoon lemon juice

Beat egg until light, add sugar gradually and continue beating. Add salt and flavoring. Whip milk until foamy, add lemon juice and beat until stiff (see page 38). Combine the two mixtures. Serve on gingerbread, sponge cake or orange puff (see index for recipes). Serves 6.

APRICOT CREAM SAUCE

½ pound dried apricots
1 quart water
1½ cups sugar
1 cup water
2 tablespoons cornstarch
½ cup Pet Milk

Wash and soak apricots overnight in quart of water. Cook until soft enough to press through a sieve. Add sugar and cup of water. Heat to boiling point and add cornstarch mixed with enough water to form smooth, thin paste. Cook until thick and clear, stirring constantly. Chill. Add to milk that has been properly chilled and whipped until stiff (see page 38). Serves 6.

MINT CREAM SAUCE No. 1

1 cup sugar
3 tablespoons cornstarch
2 teaspoons butter
2 tablespoons lemon juice
2 cups boiling water
1 teaspoon mint extract or 4 drops oil of peppermint
Green vegetable coloring
½ cup Pet Milk

Mix sugar, cornstarch, butter and lemon juice together. Add boiling water and stir until smooth. Cook until thick and clear, stirring constantly. Add mint extract and enough green coloring to give desired shade. Chill. Fold in the milk that has been properly chilled and whipped until stiff (see page 38). Serve this sauce on Chocolate Bavarian Cream (page 46). Serves 6.

MINT CREAM SAUCE No. 2

½ pound white mint drops (size of a nickel)
2 cups boiling water
2 tablespoons lemon juice
3 tablespoons cornstarch
Green vegetable coloring
½ cup Pet Milk

Cook candy in boiling water until dissolved. Add lemon juice and cornstarch mixed with enough water to form a smooth, thin paste. Cook until thick and clear, stirring constantly. Add enough green coloring to give desired shade. Chill. Fold in milk that has been properly chilled and whipped until stiff (see page 38). Serves 6.

MAPLE PECAN SAUCE

2 tablespoons butter
¾ cup sugar
¼ cup water
3 tablespoons white corn syrup
¼ cup Pet Milk
¾ teaspoon maple flavoring
½ cup pecans

Melt butter in saucepan; add sugar, water and corn syrup and boil to 232° F. or until it forms a very soft ball when tried in cold water. Remove from fire; add slowly the milk, flavoring and nuts. Serve hot or cold on ice cream or pudding. Serves 6.

NOTE: *¾ cup maple syrup may be used instead of sugar, water and corn syrup.*

SPICE AND RAISIN SAUCE	Mix together the sugar, cornstarch, salt, cinnamon, lemon juice and butter. Add boiling water, stirring constantly to prevent lumping. Cook until thick and clear, add raisins and chill. Fold in milk that has been properly chilled and whipped until stiff (see page 38). Serves 6. NOTE: *A perfect sauce for Honey Comb Pudding or Molasses Gingerbread (see index for recipes).*	½ cup sugar 2 tablespoons cornstarch Pinch salt 1 teaspoon cinnamon 1 teaspoon lemon juice 1 tablespoon butter 1 cup boiling water ½ cup seedless raisins ½ cup Pet Milk
CREAMY HARD SAUCE	Cream butter, add slowly powdered sugar and drop by drop the milk made lukewarm over hot water. Flavor with vanilla and lemon extract, and beat until very light. Chill before serving. Serves 6	4 tablespoons butter ¾ cup powdered sugar 2 tablespoons Pet Milk ½ teaspoon vanilla ¼ teaspoon lemon extract NOTE: *Rum or sherry flavoring may be used instead of lemon extract and vanilla.*
BUTTERSCOTCH SAUCE	Melt butter in saucepan; add sugar and corn syrup and boil to 230° F. or until it forms a very soft ball when tried in cold water. Add the milk and serve warm on ice cream. Serves 6 NOTE: *For a Butterscotch Sundae, sprinkle with chopped nut meats.*	4 tablespoons butter 1¼ cups brown sugar ⅔ cup white corn syrup ¾ cup Pet Milk
CHOCOLATE FUDGE SAUCE	Melt chocolate in saucepan over hot water; add water slowly, stirring until smooth. Then add sugar and corn syrup. Boil until syrup forms a very soft ball when tried in cold water or until it reaches 234° F. Add milk and vanilla. Serves 6. NOTE: *This sauce may be served hot or cold on ice cream, boiled rice or pudding*	3 squares unsweetened chocolate ¼ cup water 1 cup sugar 3 tablespoons white corn syrup 1 cup Pet Milk 1 teaspoon vanilla
MARSHMALLOW SAUCE	Scald diluted milk in double boiler with marshmallows. Pour over slightly-beaten egg yolks to which salt has been added. Return to double boiler and cook slowly 3 to 4 minutes, stirring constantly. Remove from fire and fold in stiffly-beaten egg whites. Beat mixture until foamy. Add flavoring. Serves 6.	½ cup Pet Milk diluted with ½ cup water 10 marshmallows 2 egg yolks ⅛ teaspoon salt 2 egg whites, stiffly beaten 1 teaspoon vanilla, rum or sherry flavoring
CUSTARD SAUCE	Scald diluted milk in double boiler. Pour over egg yolks, sugar, cornstarch and salt that have been beaten together. Return to double boiler and cook until thickened. Add flavoring. Serves 6. Serve with Plain Blanc Mange (page 46).	1½ cups Pet Milk diluted with ½ cup water 2 egg yolks ⅓ cup sugar 1 tablespoon cornstarch ¼ teaspoon salt 2 teaspoons vanilla, rum or sherry flavoring

MEATS-FISH and Sauces

WHAT has milk to do with meat and fish? Just the difference between meat or fish that are just food, and the same articles so pleasingly and deliciously served as to give distinction to any dinner

Ask the chef at any of the fine hotels of the country to serve you a really fine dinner for some specially favored guests, and the chances are that he'll serve the meat or fish course as a "creamed" dish. And the chances are better still that your guests will be fascinated with the food.

The Right Milk

For such creamed dishes Pet Milk will delight you. Here, again, the extra richness of the milk is an advantage that no other form of milk can match. Try the recipe you'll find in this book for Oysters in Brown Sauce. They'll give you a new conception of how good oysters can be. Or if there's left-over meat, you'll avoid the joke of "hash" days if you serve the remnant as Creamed Chicken, or whatever the meat may be. The rich Pet Milk makes the meat dish dainty and appetizing and makes it also better food.

Meats Baked In Milk

The recipes you'll find for meats baked in milk are unusual. You'll find them extraordinary in quality. Try the Mock Turkey Legs or the Round Steak baked in Pet Milk. The meat is more tender, has better flavor, and then there's the additional milk that goes into the family food. Here once more the extra richness of Pet Milk, and its freshness and sweetness give an extra touch of fine flavor and quality that nothing else would give.

BREAKFAST MENUS

Pineapple Slices
Blueberry Muffins (*page 11*)
Whole Wheat Cereal

Grapefruit
Corn meal Griddle Cakes (*page 14*)
Maple Syrup Bacon Crisps

Sliced Oranges
Scrambled Eggs (*page 36*) Jelly
Quick Coffee Cake (*page 14*)

Baked Apples
Doughnuts (*page 14*)
Plain Omelet (*page 36*)
Marmalade

Sliced Bananas
Bran Muffins (*page 12*) Honey
Cooked Cereal

Peaches
Oatmeal
Butterscotch Biscuits (*page 12*)

Grape Juice
Waffles (*page 13*) Little Sausages
Syrup

Molded Cereal with Stewed Raisins
Toasted Nut and Raisin Bread (*page 15*)
Marmalade

Orange Juice
Grilled Ham and Pineapple on Toast
Popovers (*page 13*) Preserves

Sliced Pears in Lime Juice
Poached Egg on Toast
Corn Sticks (*page 11*) Jelly

Recipes for Chocolate, Cocoa and various milk drinks for children will be found on pages 7 and 8.

MEAT LOAF

1 pound beef, ground
½ pound pork, ground or
1 pound veal, ground
½ pound lamb, ground
1 cup bread crumbs
2 tablespoons onion, chopped
3 tablespoons green pepper, minced
2 tablespoons celery, chopped
1 teaspoon salt
¼ teaspoon pepper
⅔ cup Pet Milk
3 strips bacon

Mix meat with bread crumbs and seasonings. Add milk and shape into loaf. Place in a greased baking pan and lay strips of bacon over the top. Bake in moderate oven (350° F.) 1¼ hours. Serves 6.

NOTE: *The use of undiluted Pet Milk in meat loaf takes the place of the usual egg with equally good results. Left-over meats may be used.*

BAKED HAM

1 slice ham, 2 inches thick
2 tablespoons brown sugar
1 tablespoon flour
⅔ cup water
¾ cup Pet Milk

Trim off the fat and cut into small pieces and mix with sugar. Rub the flour into the ham, then put into a baking dish. Sprinkle the fat-sugar mixture over the top and add water. Place in hot oven (425° F.). After 15 minutes reduce the temperature to 275° F. Add the milk 15 minutes before the end of baking. Two hours are usually required for baking. Enough milk should remain for gravy. Serves 6.

CHICKEN LOAF

1 egg, well beaten
½ teaspoon salt
¼ cup Pet Milk, scalded
1½ cups mashed potatoes
1½ cups cooked chicken, chopped
1 teaspoon minced parsley
¼ teaspoon paprika

Add well-beaten egg, salt and scalded milk to mashed potatoes. Add chicken, parsley and paprika. Turn into greased baking dish and bake in moderate oven (350° F.) until top is browned. Serves 6.

BAKED PORK CHOPS

6 pork chops
4 tablespoons shortening
6 sweet potatoes peeled
6 apples
Seeded raisins
1 teaspoon cinnamon
¾ cup Pet Milk diluted with
¾ cup water
Pinch of soda
¼ teaspoon pepper
2 teaspoons salt

Dredge pork in flour, then dip in undiluted Pet Milk, then in flour mixed with cracker crumbs. Fry in shortening until golden brown in deep baking pan. Add potatoes and apples that have been peeled, cored and centers filled with raisins and cinnamon. Add ½ diluted milk to which soda has been added. Add seasonings. Bake in a very slow oven (240° F.) 1 to 1½ hours in a covered dish. Add more diluted milk during baking if necessary to keep meat moist. The amount of milk needed depends on the size of the pork chops and the temperature of the baking. Serves 6.

BAKED VEAL WITH SWEET POTATOES

2¼ pounds veal cutlet (1 piece about 1¼ inches thick)
½ cup bread crumbs
½ cup flour
Salt and pepper
2 tablespoons shortening
½ cup Pet Milk diluted with
½ cup water
Pinch of soda
6 sweet potatoes, peeled

Dredge cutlet in flour. Dip in undiluted Pet Milk, then in bread crumbs, flour, salt and pepper mixed. Melt shortening in skillet and brown the breaded cutlet well on both sides. Place in pan and add diluted milk with pinch of soda added. Surround with sweet potatoes. Cover and bake in a slow oven (275° F.) 1¼ hours. Serves 6.

SWEETBREADS WITH MUSHROOMS

Soak sweetbreads in cold water 15 to 20 minutes. Drain. Parboil in enough hot water to cover with lemon juice and salt 20 minutes. When cold remove fibers, cut lengthwise, dredge in flour, then in undiluted Pet Milk, then in cracker meal seasoned with a little salt and pepper. Brown in hot shortening. Scald diluted milk. Add flour that has been mixed to a smooth paste with a little water, stirring constantly. Pour over sweetbreads, add mushrooms and heat thoroughly. Serve on toast. Serves 8.

NOTE: *Serve with buttered asparagus tips or Cheese Souffle (page 33) and any green salad for a tempting luncheon combination.*

- 2 pairs sweetbreads
- 1 tablespoon lemon juice
- 1 teaspoon salt
- ¼ cup cracker meal
- Salt and pepper
- 4 tablespoons shortening
- ¾ cup Pet Milk diluted with
- ¾ cup water or liquid off mushrooms
- 2 tablespoons flour
- 1 cup canned mushrooms

NOTE: *Undiluted Pet Milk takes the place of the usual egg in breading meats, croquettes or any fried food*

CHICKEN A LA KING

Cook mushrooms and green pepper in shortening 6 minutes. Add flour combined with pepper and salt. Blend this mixture with the shortening as for white sauce. Stir constantly while adding the diluted milk. Cook over flame 3 minutes. Place in a double boiler and cook 20 minutes. Add diced chicken and pimiento. Serves 8.

NOTE: *2 tablespoons sherry flavoring may be added if desired.*

- ¼ pound mushrooms, sliced
- ½ green pepper, shredded
- 3 tablespoons shortening
- 6 tablespoons flour
- Salt and pepper
- 2 cups Pet Milk diluted with
- 2 cups chicken broth
- 3 cups cold chicken, diced
- ½ pimiento, shredded

FRICASSEE OF RABBIT OR CHICKEN

Dredge pieces of rabbit, cut for serving, in flour; dip in undiluted Pet Milk, then in ½ cup flour and ½ cup cracker meal or bread crumbs seasoned with 1 teaspoon salt and ¼ teaspoon pepper. Fry in shortening in deep baking pan or frying pan until golden brown. Add diluted milk and remaining ingredients and bake in slow oven (275° F.) until rabbit is tender. Serves 4.

- 1 medium-sized rabbit
- 4 tablespoons shortening
- 1½ cups Pet Milk diluted with
- 1 cup water
- Pinch baking soda
- 3 stalks celery, minced
- 1 green pepper, minced
- 3 sprigs parsley, minced
- 1 bay leaf
- 1½ teaspoons salt
- Dash pepper

MOCK TURKEY LEGS

Cut steak in strips 2 inches wide and 3 inches long. Sprinkle with salt and pepper and weave onto skewers, using 3 or 4 strips for each. Press firmly in shape of drumstick. Coat with flour, dip in undiluted Pet Milk and roll in cracker meal or dry bread crumbs. Saute in shortening until golden brown. Add water and bake in a slow oven (325° F.) 1 hour. Reduce temperature to 275° F. Add milk and bake 15 minutes longer. Serves 4.

NOTE: *Gravy may be made from liquid remaining in the pan.*

- 1 pound veal steak
- Salt and pepper
- 3 tablespoons shortening
- ¾ cup water
- ¾ cup Pet Milk

BRAISED ROUND STEAK WITH VEGETABLES

⅛ teaspoon pepper
⅔ cup flour
¼ teaspoon salt
2½ pounds round steak
2 tablespoons shortening
6 small potatoes, peeled
6 carrots, sliced
½ cup Pet Milk diluted with
½ cup water
Pinch of soda

Pound pepper, flour and salt into steak. Put shortening in skillet and brown steak well on both sides. Place in pan, surrounded with potatoes and carrots and add diluted milk containing pinch of soda. Cover and bake in a slow oven (275° F.) 1½ hours. Uncover and continue baking ½ hour longer. Serves 6.

HAM TIMBALES

2 EGGS or 4 EGG yolks
⅝ cup Pet Milk diluted with
⅝ cup water
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon paprika
1 teaspoon onion juice
1 cup chopped ham

Beat the eggs slightly. Add the diluted milk, salt, pepper, paprika and onion juice. Add the ham. Turn into greased molds. Bake in pan of hot water in moderate oven (350° F.) until firm. Serve with Savory Sauce (see page 56). Serves 8.

SARDINE RAREBIT

½ cup grated cheese
⅜ cup Pet Milk
3 EGG yolks
1 teaspoon salt
Few drops Tabasco sauce
Few grains cayenne
2 large cans sardines or
18 sardines

NOTE: *A tasty combination for a late evening supper.*

Add cheese to the milk and cook in top of double boiler until cheese is melted. Pour over beaten egg yolks gradually, while stirring constantly, and cook over hot water until thick, stirring constantly. Add salt, Tabasco sauce and cayenne. Broil sardines and place on strips of toast. Pour the hot sauce over them and serve immediately. Serves 6.

FISH TURBOT

1½ cups Pet Milk
1 onion, sliced
⅛ teaspoon mace
1 sprig parsley
2 tablespoons butter
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
2 egg yolks
2½ cups cooked fish or
1 can fish flakes
2 tablespoons lemon juice
¼ cup buttered crumbs

NOTE: *Canned tuna fish or salmon will serve equally well.*

Scald milk with onion, mace and parsley, then remove seasonings. Melt butter, add flour, salt and pepper. Add hot milk gradually, stirring constantly. Bring to the boiling point, pour over slightly-beaten egg yolks very slowly so as not to curdle mixture. Place layer of fish in greased baking dish. Sprinkle with salt and pepper and a few drops lemon juice. Cover with sauce and continue alternating layers of fish and sauce until all are used. Cover with buttered crumbs and bake in hot oven (425° F.) 15 minutes or until crumbs are brown. Serves 6.

MACARONIED SALMON

1 cup macaroni
1 large can or
2 cups salmon
¾ cup Pet Milk
Salt and pepper
1 tablespoon butter
2 hard-cooked eggs

NOTE: *Left-over broiled, fried or baked salmon may be used.*

Boil macaroni in salted water until tender. Drain, and put into a greased baking dish. Add the salmon, which has been flaked and the bones and skin removed. Mix lightly together, and add the milk and seasonings, dotting the butter over the top. Bake in a moderate oven (375° F.) 15 minutes. Serve hot, garnished with sliced or quartered hard-cooked eggs. Serves 6.

BAKED HALIBUT

Season halibut with salt and pepper. Dip in flour to coat well, then in undiluted Pet Milk and then in cracker meal or fine bread crumbs. Brown in shortening that has been melted in frying pan. Add water and seasonings, mixing well. Cover pan and bake in moderate oven (350° F.) 30 minutes. Mix flour and baking soda to a smooth paste with a little cold water and add to milk. Heat to boiling point and add to fish. Reduce oven temperature to 250° F. and bake 15 minutes longer. Serve with gravy remaining in the pan. Serves 4.

- 1 pound halibut
- Salt and pepper
- 3 tablespoons shortening
- ¼ cup hot water
- ½ green pepper, chopped
- 2 sprigs parsley, chopped
- 1 small onion, grated
- ⅛ teaspoon celery salt
- 1 small bay leaf
- 1 teaspoon flour
- Pinch baking soda
- ½ cup Pet Milk

SALMON SOUFFLE

Mix the flour, salt and cayenne with a little of the milk to a smooth paste. Add it to the remaining milk and bring slowly to the boiling point, stirring constantly. Remove from fire and add the salmon. Then pour over the beaten egg yolks and butter. When cool, fold in the stiffly-beaten egg whites. Pour into a greased baking dish and set in a pan of warm water. Bake in a moderate oven (325° F.) 45 to 50 minutes or until set. Serve immediately. Serves 5.

- 2 tablespoons flour
- 1 teaspoon salt
- Few grains cayenne
- 1 cup Pet Milk
- 1 cup flaked salmon
- 3 eggs, separated
- 1 tablespoon butter

NOTE: *Serve with Corn Pudding, a grapefruit salad and Lemon Cake Pie (see index for recipes).*

FISH CROQUETTES

Melt butter in double boiler. Add gradually the flour, salt and pepper that has been mixed with diluted milk to form a smooth, thin paste. Cook until thickened, stirring constantly to prevent lumping. Add fish. Cool and shape. Roll in cracker crumbs, then in undiluted Pet Milk and again in cracker crumbs. Fry in deep fat (360° F.) until brown. See Frying Guide, page 10. Serves 6.

- 1 tablespoon butter
- 4 tablespoons flour
- 1 teaspoon salt
- Few grains pepper
- ⅔ cup Pet Milk diluted with
- ⅓ cup water
- 2 cups fish flakes

NOTE: *Chicken, salmon, tuna fish, ham or sweet potatoes may be substituted for the fish flakes.*

OYSTERS IN BROWN SAUCE

Drain oysters and reserve liquid to dilute milk. Brown the onion, carrot and parsley in butter. Add flour, blend well and cook until brown, then add diluted milk and bouillon cube. Cook over a low flame until thick, stirring constantly. Add oysters and cook gently until edges of oysters curl. Take from fire, pour over beaten egg yolk and gradually add lemon juice. Serve at once on toast or in patty shells. Serves 4.

NOTE: *1 cup mushrooms (canned or fresh) may be added with the onion and carrot if desired.*

- 1 pint oysters
- 1 tablespoon chopped onion
- 2 tablespoons chopped carrot
- 1 tablespoon chopped parsley
- 2 tablespoons butter
- 2 tablespoons flour
- ⅓ cup Pet Milk diluted with
- ⅓ cup oyster liquid
- 1 bouillon cube
- 1 egg yolk
- 1 teaspoon lemon juice

SHRIMP WIGGLE

- 1 tablespoon butter
- 2 tablespoons flour
- 1 teaspoon salt
- ⅛ teaspoon paprika
- ⅛ teaspoon pepper
- ½ cup Pet Milk diluted with
- ½ cup water
- 1 cup shrimp, fresh or canned
- 1 cup cooked peas

Melt butter, add flour, salt, paprika and pepper. Mix well. Add the diluted milk slowly and bring to the boiling point, stirring constantly. Add shrimp and peas. Heat thoroughly and serve on thin slices of buttered toast. Serves 6.

NOTE: *An ideal way to use a cup of left-over peas.*

CURRIED SHRIMP

- 3 tablespoons butter
- 3 tablespoons diced onion
- 3 tablespoons flour
- 2 teaspoons curry powder
- 1 teaspoon salt
- Few grains pepper
- 1½ cups Pet Milk diluted with
- ½ cup water
- 2 cups canned or cooked shrimps

Melt butter, add onion and cook 3 minutes. Add flour, curry powder, salt and pepper and mix thoroughly. Add diluted milk slowly, stirring constantly until smooth and thick. Cook over hot water 10 minutes. Drain shrimps, remove dark vein and add to sauce. Heat thoroughly and serve in patty shells or on toast. Serves 6.

LOBSTER A LA NEWBURG

- 2 tablespoons lemon juice
- 2 cups canned or cooked lobster
- 3 tablespoons butter
- ½ teaspoon pepper
- ½ teaspoon salt
- ¼ teaspoon paprika
- ⅔ cup Pet Milk
- 2 egg yolks
- 2 tablespoons sherry flavoring (if desired)

Squeeze lemon juice over lobster and let stand 10 minutes. Saute in butter 5 minutes, add pepper, salt and paprika and cook 2 minutes longer. Add milk gradually and when mixture has thickened, pour over slightly-beaten egg yolks. Place over hot water. Just before serving, add sherry flavoring. Serve in patty shells or on squares of crisp toast. Garnish with parsley. Serves 6.

SCALLOPED OYSTERS

- ½ cup fine bread crumbs
- ½ cup fine cracker crumbs
- 1 pint oysters, drained
- 1 tablespoon butter
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- Dash of nutmeg
- 1½ teaspoons finely minced parsley
- ½ cup liquid off oysters
- 1 cup Pet Milk

Mix crumbs and cover bottom of greased baking dish, then a layer of oysters. Dot with bits of butter and seasonings. Moisten with a little oyster liquid. Repeat until dish is ¾ full but not having more than 2 layers of oysters. Pour milk over mixture and bake in moderate oven (325° F.) about 45 minutes. Place under broiler to brown crumbs if necessary. Serves 5.

SHRIMP CLUB SANDWICH

- 2 cups canned or cooked shrimps
- 1¾ cups White Sauce
- 12 slices toast
- 12 tablespoons cheese, grated
- 6 slices tomato

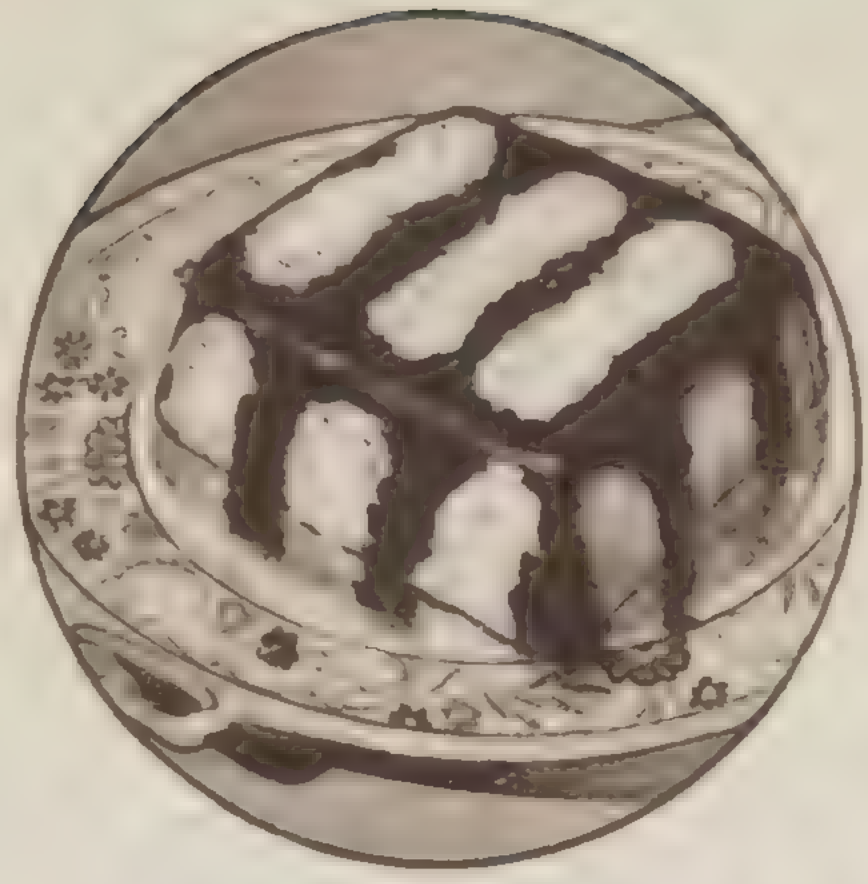
Add shrimps to hot White Sauce (page 74). Pour 1/6 of the mixture over a slice of toast, cover with second slice of toast, sprinkle with 2 tablespoons cheese and top with a slice of tomato. Place under flame to melt cheese and broil tomato. Serve immediately. Makes 6 sandwiches.

GRAVY

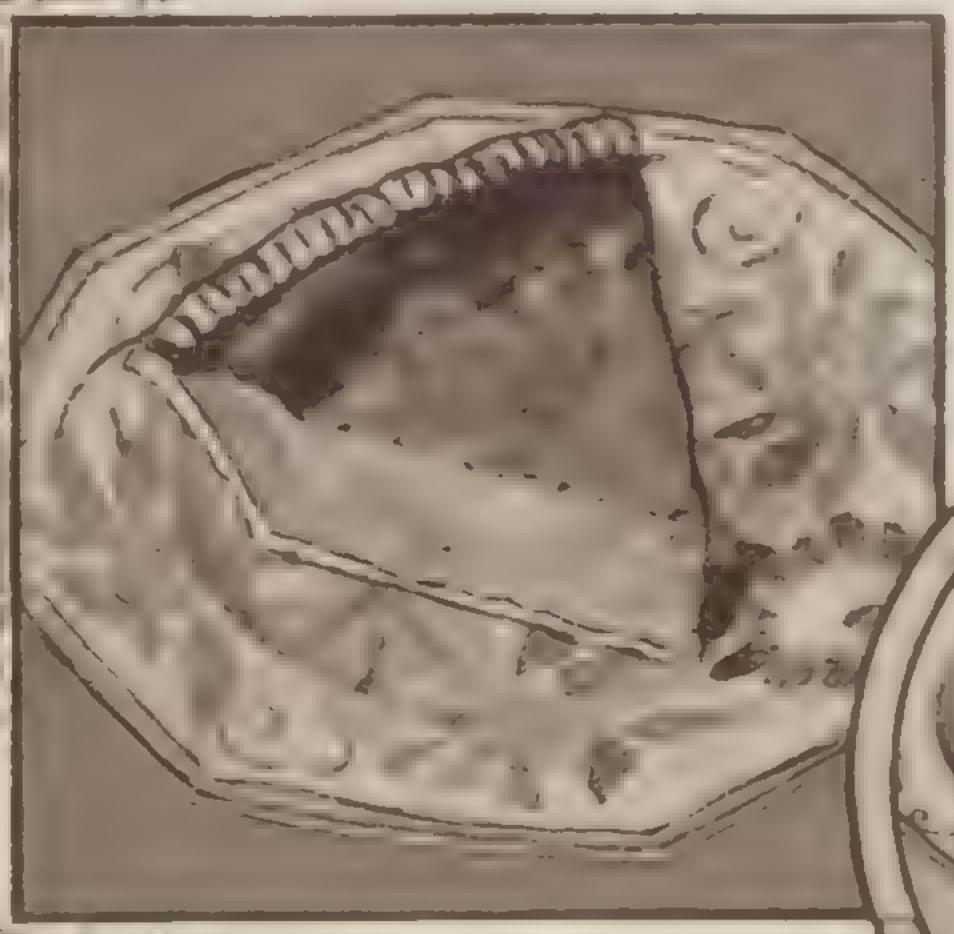
- 1 tablespoon fat from pan
- 1½ tablespoons flour
- ¾ cup Pet Milk diluted with
- ¾ cup hot water
- Salt and pepper

Blend fat from pan and flour together. Add diluted milk slowly and stir until thick. Season with salt and pepper. Strain if lumpy. Makes 1½ cups.

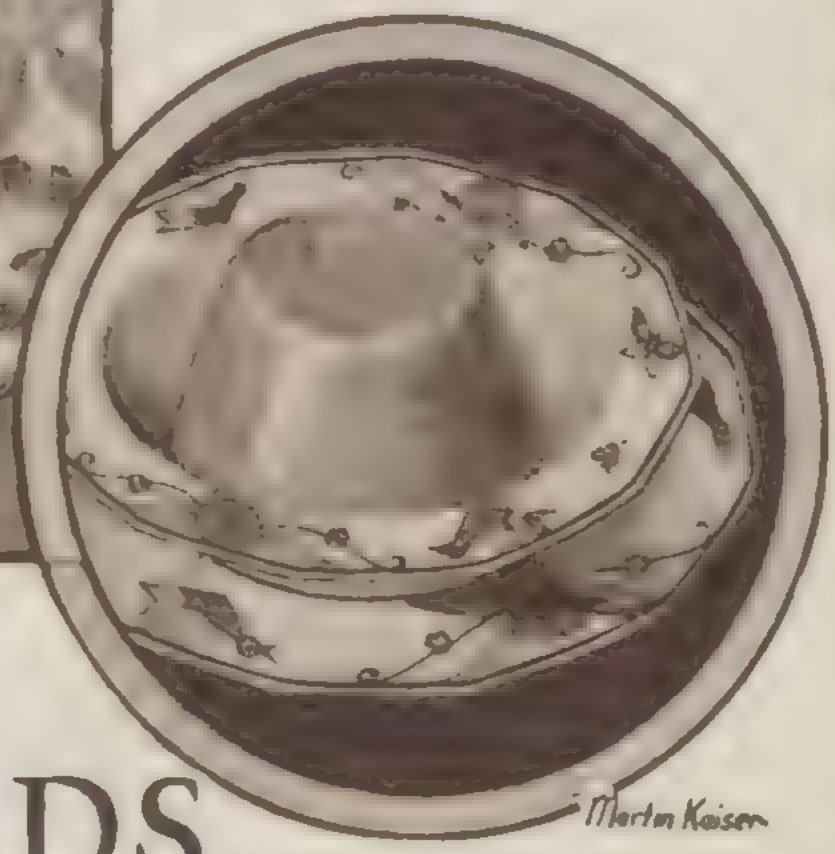
SAVORY SAUCE	Melt butter, add flour and seasonings and blend until smooth. Add water, stirring until smooth. Cook directly over flame 3 minutes. Add bouillon cube and milk and continue cooking until cube dissolves, stirring occasionally. Add parsley and serve at once. Serves 6.	1 tablespoon butter 1 tablespoon flour ⅛ teaspoon pepper ¼ teaspoon salt Dash paprika ½ cup water 1 bouillon cube ¾ cup Pet Milk 1 tablespoon finely minced parsley
WHITE SAUCE	Melt butter, blend in flour and seasonings and when smooth and bubbling, add the diluted milk gradually, stirring constantly to prevent lumping. Cook 15 to 20 minutes. Use double boiler if possible. Makes 1¾ cups.	2 tablespoons butter 2 tablespoons flour ½ teaspoon salt Pepper and paprika 1 cup Pet Milk diluted with 1 cup meat stock or water off vegetable
HORSE-RADISH SAUCE	Add horse-radish, meat stock and Worcestershire sauce to hot White Sauce. Serve with short ribs of beef or pot roast. Serves 6.	2 tablespoons prepared horse-radish 1 tablespoon meat stock 1 teaspoon Worcestershire sauce 1¾ cups White Sauce
CHEESE SAUCE	Add cheese and seasonings to hot White Sauce and stir until melted. Serve over macaroni, rice or on toast. Serves 6.	½ cup grated cheese Dash pepper Dash paprika 1¾ cups White Sauce
MUSTARD SAUCE	Add mustard to hot White Sauce, remove from fire and pour over egg yolk. Return to double boiler and cook until thick. Serve with steamed fish. Serves 6.	2 tablespoons prepared mustard 1¾ cups White Sauce 1 egg yolk, well beaten
TOMATO CREAM SAUCE	Add seasonings to the tomatoes and simmer 20 minutes; rub through a sieve, add soda and pour slowly into hot White Sauce. Serves 6.	1 stalk celery 1 slice onion 1 bay leaf 1 cup tomatoes ¼ teaspoon soda 1¾ cups White Sauce
MOCK HOLLANDAISE SAUCE	Melt butter in double boiler. Blend in flour and seasonings and when smooth and bubbling add diluted milk gradually. Cook until thickened, stirring constantly, then pour over egg yolks and add lemon juice. Serves 6. NOTE: *Serve on such vegetables as asparagus tips, artichokes, broccoli and cauliflower.*	2 tablespoons butter 2 tablespoons flour ½ teaspoon salt Dash pepper Dash paprika 1 cup Pet Milk diluted with 1 cup water off vegetable or meat stock 2 egg yolks, well beaten 1 tablespoon lemon juice
SAUCE A LA QUEEN	Put carrot and onion in saucepan with butter and cook slowly 10 minutes, or until brown, stirring frequently. Add flour and when smooth, add stock and cayenne. Stir until sauce boils. Add milk, pimiento and olives, cut in strips. Serve hot. Serves 6. NOTE: *Meat stock may be made by dissolving 1 bouillon cube in 1 cup boiling water.*	¾ cup grated raw carrot 1 teaspoon grated onion 3 tablespoons butter 4 tablespoons flour 1 cup chicken or meat stock Few grains cayenne 1 cup Pet Milk ½ pimiento, chopped 2 ripe olives



PUDDINGS

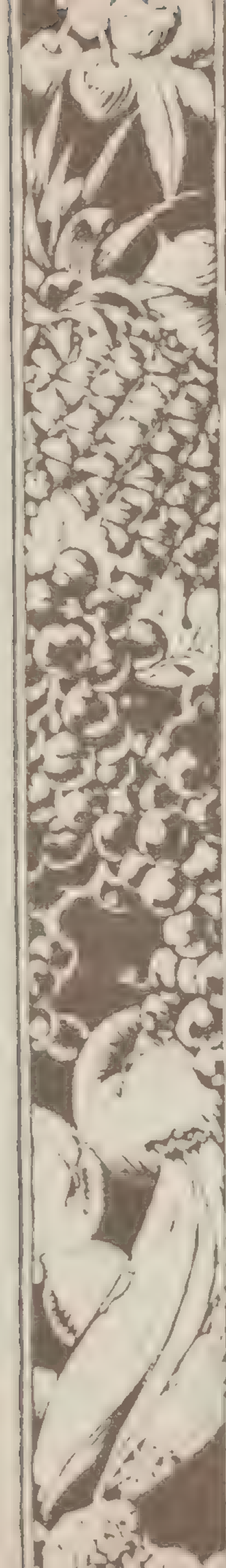


PIES



CUSTARDS

NOWHERE is excellence in taste and texture more important than in your puddings, pies and custards. A melt-in-your-mouth texture and a fine, rich, "cream and butter" flavor are characteristic of these desserts when they're made with Pet Milk. And then, too, all of these dishes have the better, more wholesome food value that only fine, rich, whole milk can give.



Monday

LUNCHEON

Cream of Corn Soup (*page 69*)
Tuna Fish, Celery and Apple Salad with Pet Mayonnaise (*page 66*)
Jelly

DINNER

Roast Beef Stuffed Potatoes
Gravy (*page 55*)
Creamed Carrots (*page 74*)
Head Lettuce with French Dressing
Apple Meringue Pie (*page 60*)

Tuesday

LUNCHEON

Vegetable Soup
(*for stock use bones from roast*)
Macaroni Loaf (*page 75*)
Pineapple Salad with Chinese Dressing (*page 66*)

DINNER

Lamb Chops Volcano Potatoes

Beets in Orange Sauce (*page 75*)
Any Green Salad with French Dressing
Lemon Cream Tarts (*page 61*)

Wednesday

LUNCHEON

Baked Hash—Savory Sauce (*page 56*)
Celery
Baked Apple

DINNER

Sweetbreads with Mushrooms (*page 52*)
Buttered Asparagus Tips
Parsley Potatoes
Sliced Cucumbers, Tomato and Green Pepper Salad with French Dressing
Molasses Gingerbread (*page 19*)
with Creamy Hard Sauce (*page 48*)

Thursday

LUNCHEON

Cheese Souffle (*page 33*)
Royal Salad
Chocolate Drop Cookies (*page 21*)

DINNER

Baked Veal with Sweet Potatoes (*page 51*)
Buttered Green Beans
Tomato Salad with French Dressing
Spanish Cream (*page 44*) Chocolate Drop Cookies (left over)

Friday

LUNCHEON

Vegetable Salad
Peanut Butter Sandwiches (*page 16*)
Plain Blanc Mange (*page 46*)
with Butterscotch Sauce (*page 48*)

DINNER

Baked Halibut (*page 54*)
Baked Potatoes Fried Egg Plant
(*dipped in Pet Milk and fine bread crumbs*)
Pineapple Cheese Salad

Saturday

LUNCHEON

Onion au Gratin Soup (*page 69*)
Cole Slaw with Russian Dressing (*page 66*)

DINNER

Mock Turkey Legs (*page 52*)
Buttered Potatoes
Spinach Puff (*page 77*)
Head Lettuce with French Dressing
Molded Fruit Gelatin
Black Walnut Cookies (*page 22*)

Sunday

DINNER

Cream of Mushroom Soup (*page 69*)
Baked Ham (*page 51*)
Sweet Potatoes de Luxe (*page 78*)
Buttered Wax Beans
Combination Salad with French Dressing
Caramel Bisque (*page 42*)
Plain Cake with Coconut Frosting
(*page 21*) (*page 24*)

SUPPER

Deviled Ham Sandwiches (*page 16*)
(*left-over ham*)
Raisin Nut Sandwiches (*page 16*)
Ripe and Green Olives
Caramel Bisque
Plain Cake Coconut Frosting
(*left-over*)

Recipes for Chocolate, Cocoa and various milk drinks will be found on pages 7 and 8.

BUTTERSCOTCH TAPIOCA CREAM

2 tablespoons butter
1 cup brown sugar
2½ cups hot water
Few grains salt
⅓ cup quick-cooking tapioca
1½ cups Pet Milk
2 eggs, separated
¾ teaspoon vanilla

Put butter in frying pan, when melted add brown sugar and stir until sugar melts. Add hot water, salt and tapioca. Cook over fire 15 minutes. Add this to milk scalded in double boiler and cook over boiling water until tapioca is clear. Then pour over egg yolks, which have been slightly beaten, return to double boiler and cook 1 minute. Remove from fire and add vanilla. Pour over egg whites beaten stiff. Chill and serve in sherbet glasses. Serves 8.

TAPIOCA FRUIT CREAM

1 cup Pet Milk diluted with
1 cup water
½ cup sugar
¼ teaspoon salt
6 tablespoons quick-cooking tapioca
2 eggs
½ cup orange juice
½ cup grated pineapple

Heat diluted milk in a double boiler, add sugar, salt and tapioca and cook 20 minutes, stirring often. Pour over beaten eggs, return to double boiler and cook 3 minutes longer. Remove from fire, chill and add orange juice and pineapple. Pile in sherbet glasses. Serves 6. Serve with Marshmallow Sauce (see Frozen Desserts, page 48).

ORANGE CUSTARD

5 tablespoons cornstarch
½ cup sugar
¼ teaspoon salt
1½ cups Pet Milk
1½ cups orange juice, strained
Grated rind 1 orange

NOTE: *The flavor of this custard will vary with the tartness of the oranges.*

Mix thoroughly cornstarch, sugar and salt. Add ½ cup milk and blend until smooth. Heat remaining milk in double boiler. Add cornstarch mixture and cook until it begins to thicken. Add orange juice and grated rind and cook until thick, stirring constantly to avoid lumping. Cover and cook 25 minutes. Turn into cold, wet molds and chill. Serves 6.

BAKED CUSTARD

4 eggs
6 tablespoons sugar
⅛ teaspoon salt
1⅓ cups Pet Milk diluted with
1⅓ cups boiling water
¼ teaspoon vanilla
Dash nutmeg

Beat eggs slightly; add sugar, salt and hot diluted milk, then vanilla. Strain into custard cups and sprinkle with nutmeg. Set in a pan containing sufficient hot water to come almost to the top of the cups. Bake in a slow oven (300° F.) until knife inserted in custard comes out clean. Serves 6. Serve with Marshmallow Sauce (see Frozen Desserts, page 48).

PUMPKIN PIE

1 egg
¾ cup sugar
1 tablespoon flour
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon ginger
1½ cups steamed pumpkin
2 tablespoons molasses
⅝ cup Pet Milk diluted with
⅝ cup water

Beat egg thoroughly; add sugar mixed with flour, salt and spices. Then add pumpkin, molasses and diluted milk. Stir until well blended. Line a deep pie pan with pastry. Pour in mixture and bake in a hot oven (450° F.) 10 minutes, reduce to 325° F. and bake 30 minutes longer or until firm. Makes 1 9-inch pie.

CHOCOLATE CREAM PIE	Mix flour, sugar, salt and grated chocolate with a little of the milk; then add yolks of eggs well beaten. Scald remainder of milk, pour slowly onto egg mixture, and cook in double boiler until thick, stirring constantly. Cool, flavor and pour into pie shell, previously baked. Cover with stiffly-beaten whites of eggs to which 4 tablespoons sugar have been added. Brown slightly in a slow oven (300° F.) and serve cold. Makes 1 9-inch pie.	4 tablespoons flour ¾ cup sugar ½ teaspoon salt 2 squares unsweetened chocolate 2 cups Pet Milk 2 eggs, separated 1 teaspoon vanilla 4 tablespoons sugar
APPLE MERINGUE PIE	To apple sauce add lemon rind, cinnamon, nutmeg, salt, sugar and cornstarch. Beat egg yolks slightly, add diluted milk. Combine two mixtures. Turn into pie pan lined with plain pastry. Bake in quick oven (450° F.) 10 minutes. Reduce to moderate oven (350° F.) 25 to 30 minutes. Cover with meringue made by beating egg whites with 4 tablespoons sugar. Return to oven to brown meringue. Makes 1 9-inch pie.	1½ cups apple sauce (unsweetened) Grated rind 1 lemon ½ teaspoon cinnamon ½ teaspoon nutmeg ½ teaspoon salt ¾ cup sugar 2 teaspoons cornstarch 2 eggs, separated ¾ cup Pet Milk diluted with ½ cup water 4 tablespoons sugar
BUTTERSCOTCH PIE	Mix together in double boiler the cornstarch, flour, butter and brown sugar. Add egg yolks, well beaten, then gradually the diluted milk stirring constantly until thick and smooth. Add vanilla and pour into baked pie shell. Whip egg whites until stiff. Add 4 tablespoons sugar, spread over the pie and place in slow oven (300° F.) 15 minutes to brown. Makes 1 9-inch pie.	2 tablespoons cornstarch 2 tablespoons flour 2 tablespoons butter 1 cup brown sugar 2 eggs, separated ¾ cup Pet Milk diluted with ¾ cup water 1 teaspoon vanilla 4 tablespoons sugar
SWEET POTATO PIE	Boil 3 medium-sized sweet potatoes in jackets until tender. Remove skins and force through a ricer. Beat until smooth. This should make about 1¼ cups. Add sugar, eggs, spices and salt. Stir to blend thoroughly, then add milk and melted butter. Pour into pie tin lined with plain pastry. Bake in hot oven (425° F.) 20 minutes, after which reduce to slow oven (300° F.). About 50 minutes are required for baking. Makes 1 9-inch pie.	1¼ cups sweet potatoes, mashed ½ to ¾ cup sugar (depending on potatoes) 2 eggs, beaten ⅛ teaspoon nutmeg ¼ teaspoon cinnamon ½ teaspoon salt 1 cup Pet Milk 3 tablespoons melted butter
LEMON CAKE PIE	Cream sugar, flour and butter. Stir in beaten egg yolks. Add lemon juice and rind and diluted milk slowly. Beat egg whites stiff and fold into mixture. Pour into unbaked pie shell and bake in moderate oven (350° F.) 30 minutes or until firm. Makes 1 9-inch pie.	1 cup sugar 3 tablespoons flour 3 tablespoons butter 2 eggs, separated Juice and rind 1 lemon ½ cup Pet Milk diluted with ½ cup water

PINEAPPLE CUSTARD PIE

- 2 eggs, separated
- ¾ cup Pet Milk diluted with
- ¼ cup water
- ½ teaspoon salt
- 3 tablespoons flour
- ½ cup sugar
- 2 tablespoons butter
- ½ cup shredded coconut
- 2 tablespoons pineapple juice
- 1 tablespoon lemon juice
- 2 slices canned pineapple
- ½ cup powdered sugar
- ⅛ teaspoon salt

Beat egg yolks thoroughly. Add diluted milk and beat again. Mix salt, flour and sugar together. Add to milk and eggs, mix and add butter and coconut. Cook in double boiler until thick. Remove from fire and stir in fruit juice. Put in baked pie shell, cover with pineapple cut in small pieces, and sprinkle with 1 tablespoon of the powdered sugar. Cover with meringue made of egg whites beaten stiff with remaining powdered sugar and salt. Brown in slow oven (300° F.). Makes 1 9-inch pie.

JELLY PIE

- 4 tablespoons butter
- 1 cup sugar
- 2 tablespoons flour
- 2 eggs, separated
- ½ cup tart jelly
- ¼ teaspoon salt
- ½ cup Pet Milk
- 1 teaspoon vanilla

Cream butter, sugar and flour. Add beaten egg yolks, jelly, salt, milk and lastly the well-beaten egg whites and vanilla. Bake in an unbaked pie shell in moderate oven (350° F.) until firm. Makes 1 9-inch pie.

NOTE: *The flavor of this pie will vary with the tartness of the jelly.*

BOSTON CREAM PIE

- 1½ cups pastry flour
- 2 teaspoons baking powder
- ½ cup shortening
- ¾ cup sugar, sifted
- ¼ cup Pet Milk diluted with
- ¼ cup water
- 1 teaspoon vanilla
- 3 egg whites

Sift flour before measuring. Resift with baking powder. Cream shortening and sugar. Add flour and diluted milk alternately, mixing well after each addition. Add vanilla and fold in stiffly-beaten egg whites. Bake in 1 layer in moderate oven (350° F.) 25 to 30 minutes. When cool, cut through the center and spread with Custard Filling, Fudge Sauce, or any of the cream sauces. See Index for Recipes.

LEMON CREAM TARTS

- 1½ cups sugar
- 2 tablespoons flour
- 4 tablespoons cornstarch
- ¼ teaspoon salt
- 1½ cups boiling water
- 3 egg yolks
- Grated rind 2 lemons
- ½ cup Pet Milk
- 3 egg whites
- 6 tablespoons sugar

Mix sugar, flour, cornstarch and salt together in double boiler. Add boiling water and cook until mixture coats the spoon, stirring constantly. Remove from fire and pour over well-beaten egg yolks. Add lemon juice and grated rind. Return to double boiler and cook until thick. Chill. Fold in milk that has been whipped until stiff (see Frozen Desserts, page 38). Pour into cooled baked tart shells. Cover with stiffly-beaten egg whites to which 6 tablespoons of sugar have been added. Brown in a slow oven (300° F.). Makes 6 tarts, 3 inches in diameter.

CUSTARD PIE

Beat eggs slightly. Add sugar, salt, nutmeg and diluted milk. Strain mixture and pour into an unbaked pastry shell. Bake in a hot oven (450°F.) 10 minutes, reduce heat to a slow oven (325° F.) and bake until firm. Makes 1 9-inch pie.

- 3 eggs
- ½ cup sugar
- ½ teaspoon salt
- ¼ teaspoon nutmeg
- 1⅓ cups Pet Milk diluted with
- 1⅓ cups water

CREAM PIE

Beat egg yolks thoroughly. Add diluted milk and beat again. Mix salt, flour and sugar together. Add to egg mixture and cook in double boiler until thick, stirring constantly. Add butter. Cool, flavor and pour into baked pie shell. Cover with stiffly-beaten egg whites to which 6 tablespoons sugar have been added. Brown in a slow oven (300° F.). Makes 1 9-inch pie.

Coconut Cream Pie: Add ½ cup shredded coconut to cream filling. Sprinkle top of pie with coconut before browning in the oven.

Fruit Cream Pie: Put a layer of fruit, such as strawberries, raspberries, peaches or sliced bananas on top of filling before covering with egg whites.

Date Cream Pie: Put ¾ cup chopped dates on top of filling before covering with egg whites.

- 3 eggs, separated
- 1½ cups Pet Milk diluted with
- ½ cup water
- 1 teaspoon salt
- 5 tablespoons flour
- 1 cup sugar
- 2 tablespoons butter
- 2 teaspoons vanilla
- 6 tablespoons sugar

CARAMEL PECAN PIE

Heat diluted milk to scalding point in double boiler. Mix thoroughly the sugar, flour and salt. Add gradually to the hot milk, stirring until the mixture is smooth and thick. Cover and cook over water 15 minutes. Pour slowly over well-beaten egg yolks. Return to double boiler and cook 2 minutes. Remove from the fire and stir in the butter. When the cream mixture is cool, stir in pecans. Flavor and pour into a baked pie shell. Cover with a meringue made of the stiffly-beaten egg whites, and 4 tablespoons sugar. Sprinkle top of the meringue with broken pecan meats. Brown lightly in a slow oven (300° F.). Makes 1 9-inch pie.

- 1½ cups Pet Milk diluted with
- ½ cup water
- 1 cup brown sugar
- 4 tablespoons flour
- ¼ teaspoon salt
- 2 eggs, separated
- 1 tablespoon butter
- ½ cup pecans, chopped
- 2 teaspoons vanilla
- 4 tablespoons sugar

PASTRY

Sift flour, then measure. Resift with salt. Work shortening into flour with fingers until appearance is like dry, coarse corn meal. Add diluted milk and blend well with a fork. Some flours absorb more liquid than others. Add only sufficient diluted milk to make dough soft enough to roll out. Makes 2 single crusts or 1 double crust pie.

- 2 cups pastry flour
- 1 teaspoon salt
- ½ cup cold shortening
- 3 tablespoons Pet Milk diluted with
- 3 tablespoons water

SALADS
Salad Dressings

"It must suffice here to say that aside from the liberal use of milk in the many ways in which it can enter into the diet without in any way disturbing our food habits, the desired end is to be attained through the daily consumption of vegetables we class as greens or pot herbs, and through the practice of eating salad dishes twice a day."

Dr. E. V. McCollum,
The Newer Knowledge of Nutrition.

THE DRESSING makes the salad far more than the clothes make the man. Perhaps you do not often think of milk in connection with your salad dressings. But in our need to put more milk in the diet, salad dressings are not to be overlooked. And in our search for good dressings we can't neglect those that can be made with Pet Milk.

Eggless Mayonnaise

When mayonnaise is mentioned many people think of the extra ounces that may be added through indulgence in this delightful dressing. Dismiss the thought Our Eggless Mayonnaise made with Pet Milk, may be made with mineral oil, and then it's perfectly harmless to figures. However made it's a delicious dressing. And do not fail to notice the Russian dressing which is made simply by adding the required ingredients to the mayonnaise.

Mayonnaise Made with Mineral Oil Instead of Salad Oil

Any of the well-known mineral oils, used in these recipes, will make a delightful mayonnaise which is free from the usual objection of mayonnaise—that it is fattening.

The mineral oils are not digested or absorbed at all. And such mayonnaise has the further desirable feature of furnishing in pleasant form the lubricating quality of the mineral oil which so many people are now finding of benefit. The mineral oil taken in the mayonnaise is just as effective as when taken alone.

BRIDGE LUNCHEONS

Cream of Mushroom Soup (*page 69*)
Orange Aspic with Chicken (*page 65*)
Cheese Straws (*page 11*)
Chocolate Mousse (*page 43*)
Mint Cream Sauce (*page 47*)
Coconut Kisses (*page 28*)

Spiced Grapes in Ginger Ale
Sweetbreads with Mushrooms (*page 52*) in Patty Shells
Buttered Asparagus Tips
Ripe Olives Salted Nuts
Frozen Fruit Salad (*page 65*)
Mexican Orange Candy (*page 29*)

Fruit Cocktail
Oysters in Brown Sauce (*page 54*) on Toast Points
Endive Salad with French Dressing
Stuffed Celery (*page 33*)
Nordica Peaches (*page 43*)
Nut Cream Drops (*page 29*)

Fruited Melon
Shrimp Club Sandwich (*page 55*)
Celery Curls
Apricot Coupe (*page 43*)
Butterscotch Pecan Patties (*page 28*)

ORANGE ASPIC WITH CHICKEN

- 2 cups cooked chicken
- 1 tablespoon granulated gelatin soaked in
- 2 tablespoons cold water
- ¾ cup chicken stock
- 1 teaspoon salt
- ½ teaspoon white pepper
- 1 pimiento, chopped
- 1 small onion, chopped
- ¾ cup Pet Milk

Cut chicken in small pieces. Soak gelatin in cold water and dissolve in boiling stock. Cool and add chicken and other ingredients that have been mixed together with the milk that has been whipped stiff (see Frozen Desserts, page 38). Make orange aspic as follows:

ORANGE ASPIC

- 2 tablespoons granulated gelatin
- 2½ cups orange juice, strained

Soak gelatin in ½ cup of the cold juice and dissolve in remaining juice that has been heated to boiling point. Decorate large mold or individual molds with sections of orange. Pour in enough cool aspic to cover. When it begins to stiffen, fill with chicken mixture. Chill until set. Unmold and serve on lettuce or water cress. Serves 8. Serve with Cooked Salad Dressing to which whipped Pet Milk has been added (page 38).

COLE SLAW WITH CREAM DRESSING

- ⅓ cup Pet Milk
- ⅛ teaspoon salt
- 1 tablespoon powdered sugar
- 3 tablespoons vinegar
- 2 cups cabbage, finely shredded

Chill Pet Milk and whip with the seasonings. Add the vinegar drop by drop while continuing the beating. Chill and serve on shredded cabbage (or lettuce) with a dash of paprika on top. Serves 6.

YUM YUM SALAD

- 1 cup crushed pineapple
- ¼ to ½ cup sugar
- Juice of ½ lemon
- 1 tablespoon granulated gelatin
- ¼ cup cold water
- ½ cup dry yellow cheese, grated
- ½ cup Pet Milk

Heat crushed pineapple and add sugar and lemon juice. Soak gelatin in cold water 10 minutes. Then add hot mixture and stir until gelatin is dissolved. When cool and beginning to set, add grated cheese and milk that has been properly chilled and whipped until stiff (see Frozen Desserts, page 38). Turn into individual molds and chill. Serve with Cooked Salad Dressing. Serves 6.

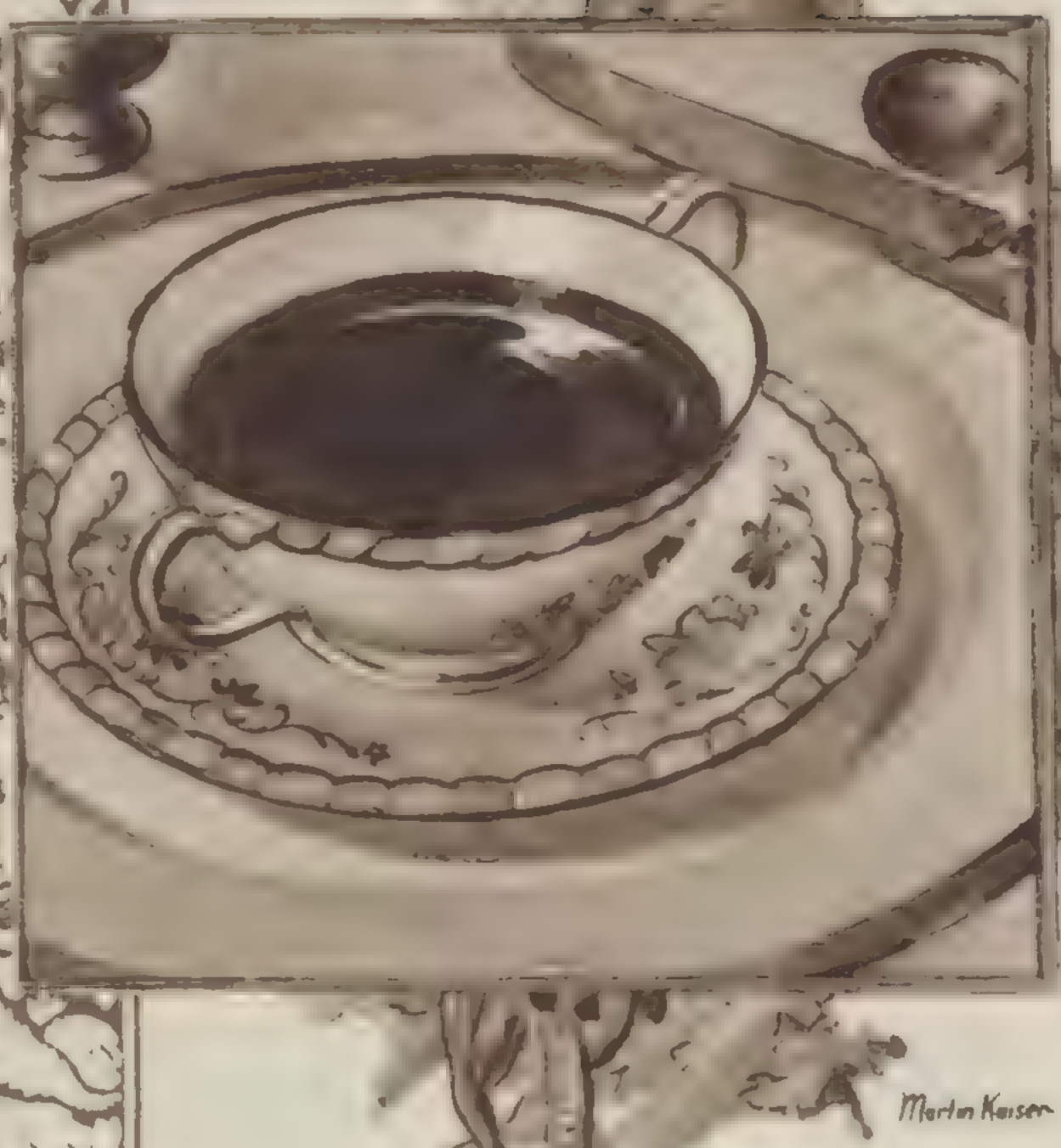
FROZEN FRUIT SALAD

- 1 large orange
- 2 slices canned pineapple
- 1 banana
- ¾ cup white grapes or cherries
- 12 Maraschino cherries
- 1 cup Honey Fruit Dressing
- ½ cup Pet Milk

Remove skin and membrane from orange. Cut orange and pineapple in small sections. Slice banana thin. Seed and peel grapes. Combine fruits and chill. Combine salad dressing and milk that has been properly chilled and whipped (see Frozen Desserts, page 38). Add fruits to whipped milk mixture and freeze in mechanical refrigerator tray or in a mold packed in a 1:2 salt-ice mixture. Serves 8. Serve in squares on lettuce with or without additional Honey Fruit Dressing.

NOTE: *½ cup chopped nuts may be added if desired.*

PET MAYONNAISE (Basic Recipe)	Mix salt, paprika, sugar, mustard, cayenne and milk together. Add oil drop by drop until mixture thickens a little. Mix lemon juice and vinegar. Add alternately with the oil, 1 teaspoonful at a time, until all are used, beating thoroughly after each addition. Ingredients should be very cold. While mixing, set the bowl in a pan of ice water. Keep in ice box until ready to serve. Makes 2 cups.	1 teaspoon salt ½ teaspoon paprika 1 teaspoon sugar 1⅛ teaspoons mustard Few grains cayenne ¼ cup Pet Milk 1 cup olive oil 1 tablespoon lemon juice 1 tablespoon vinegar NOTE: *This dressing has a texture and a flavor that will appeal to the most exacting taste. It requires no eggs—an economy with no sacrifice in the quality of the dressing.*
TARTAR SAUCE	To 1 cup Pet Mayonnaise add: 2 tablespoons chopped sweet pickle 1 tablespoon chopped capers 1 tablespoon chopped olives 1 tablespoon finely chopped chives	For egg and fish salads, fried scallops, oysters, etc.
CHIFFONADE DRESSING	To 1 cup Pet Mayonnaise add: 3 tablespoons chopped pickled beets 1 tablespoon chopped green pepper 1 tablespoon chopped sweet pickle 1 tablespoon finely chopped chives or onion 1 hard-cooked egg, chopped	For heart of lettuce, romaine, endive, chicory or water cress salad
SPANISH DRESSING	To 1 cup Pet Mayonnaise add: 2 tablespoons chopped pimiento 1 tablespoon chopped green pepper 1 tablespoon chopped olives	For mixed vegetable or molded gelatin salads
RUSSIAN DRESSING	To 1 cup Pet Mayonnaise add: ½ cup thick chili sauce 1 tablespoon chopped pimiento 1 tablespoon chopped green pepper 3 tablespoons chopped stuffed olives 1 tablespoon chopped onion or chives	For head lettuce, any of the salad greens or shredded cabbage
WHIPPED FRUIT DRESSING	To 1 cup Pet Mayonnaise add: ¼ cup Pet Milk, whipped (see Frozen Desserts, page 38) 2 tablespoons chopped Maraschino cherries 2 teaspoons lemon juice	For whole or mixed fruit salads
CALIFORNIA DRESSING	To 1 cup Pet Mayonnaise add: 3 tablespoons chopped raisins 3 tablespoons chopped walnuts 3 tablespoons chopped dates	For acid fruit salads, such as grapefruit, orange or pineapple
CHINESE DRESSING	To 1 cup Pet Mayonnaise add: ¼ cup chopped almonds ¼ cup currant jelly ¼ cup Pet Milk, whipped (see Frozen Desserts, page 38)	For combination fruit salads



SOUPS

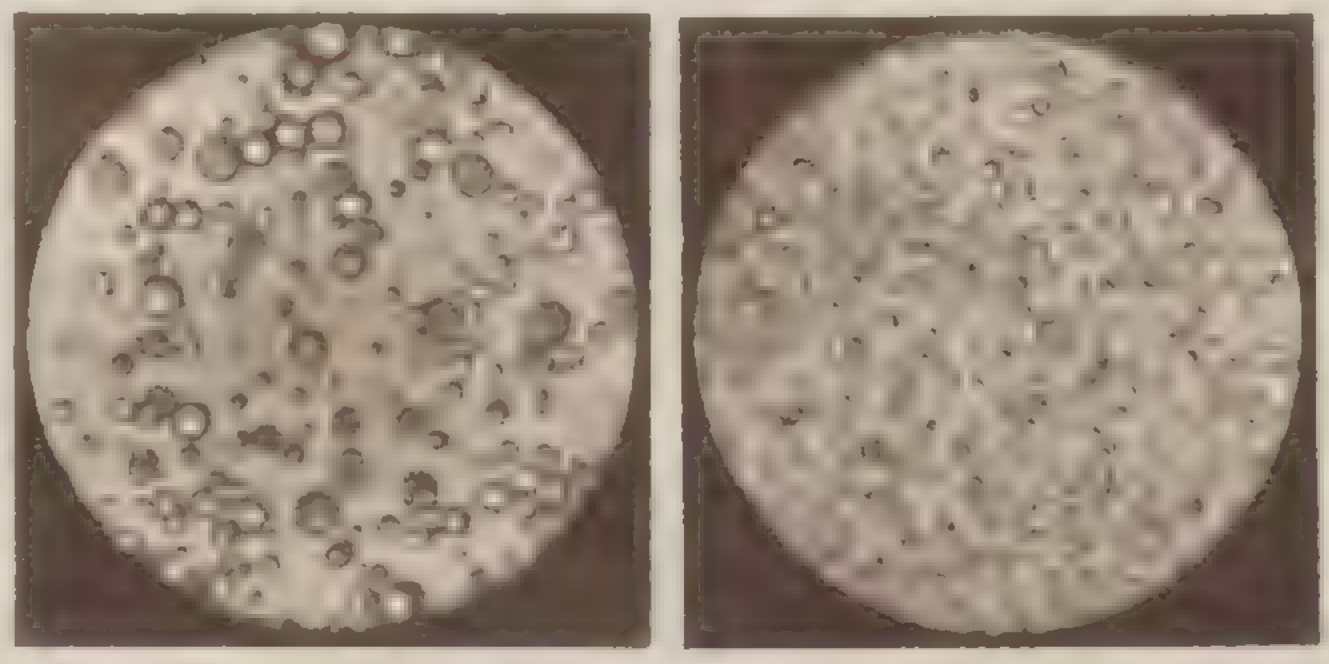
It is not exaggeration to say that Pet Milk will make for you cream soups that cannot be equaled with the use of any other form of milk. They have these points of superior quality.

1. Finer texture and flavor. The extra richness, the freshness, and the very flavor of the milk itself —these ever-present qualities of Pet Milk make

cream soups that are superior better, more wholesome food. When you use Pet Milk, you make better soup than can be made with ordinary milk or even with cream.

2. You may increase the "richness" of ordinary milk by adding butter or cream. But then you have a mere richness in fat. When you use Pet Milk you get the flavor that the butter or cream could give, and at the same time you get the whole-milk richness the quality that makes milk not cream the most nearly perfect food.

3. At Lower Cost. It is not merely that Pet Milk costs less generally than ordinary milk though it does and that is a distinct saving. But you save also the cost of the extra butter you'd use. Pet Milk will give you the fine richness in flavor at less cost than can be had from the use of either butter or cream.



The photograph at the left is of bottled milk through a magnifying glass. The circular spots are the fat globules of the milk. Note the large and uneven size. The photograph at the right, through the same magnifying glass, is of Pet Milk. The small, regularly distributed dots represent the fat in the milk after the globules have been broken into tiny particles by homogenization. This condition of the milk is the reason why cream soups made with Pet Milk have such fine, smooth texture. And the broken up globules never separate as they do in ordinary milk by rising to the top of the bottle. This accounts for the rich, creamy flavor of the soups especially noticeable also in creamed vegetables—in all creamed dishes.

CREAM OF CHICKEN SOUP

- 1½ tablespoons quick-cooking tapioca
- 4 cups hot chicken broth
- 2½ cups Pet Milk
- 1 slice onion
- 1 stalk celery, chopped
- 2 hard-cooked eggs, chopped
- Salt and pepper

Add tapioca to chicken broth and cook in double boiler until tapioca is transparent. Scald milk with onion and celery. Remove onion and add tapioca mixture and eggs. Season and serve at once. Serves 6.

CREAM OF LIMA BEAN SOUP

- 1 cup dried lima beans
- 6 cups cold water
- 4 slices medium carrot
- 2 slices medium onion
- 4 sprigs parsley
- 1 teaspoon peppercorns
- 2 cups Pet Milk
- 1 tablespoon Worcestershire sauce
- Few drops tabasco (if desired)
- 2 teaspoons salt

Wash beans, cover with water and soak for several hours. Drain. Add 6 cups water and cook slowly until tender, about 1 hour. After cooking ½ hour, add vegetables and peppercorns. When beans are tender, rub through a sieve. There should be 3 cups of pulp and liquid. If not, add water. In the meantime have milk heated to scalding point. Combine bean pulp and seasonings with milk just before serving. Serves 6.

CREAM OF CORN SOUP

- 2 cups canned corn
- 1 slice onion
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon paprika
- 1 tablespoon butter
- 2 tablespoons flour
- 1½ cups Pet Milk diluted with
- ½ cup water

Cook corn, onion, salt, pepper and paprika together 15 minutes. Rub through a sieve. Melt butter, add flour and mix well. Add the diluted milk slowly and bring to the boiling point, stirring constantly. Add the corn to the white sauce, heat thoroughly and serve immediately. Serves 6.

CREAM OF MUSHROOM SOUP

- ½ pound fresh mushrooms, peeled, or
- 1 small can mushrooms
- 2 cups chicken or veal broth
- 1 slice onion
- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups Pet Milk
- Salt and pepper

Chop mushrooms, add to broth, add onion and simmer 20 minutes. Melt butter; when bubbling add flour, stir until smooth and add to boiling broth gradually, while stirring constantly. Add the milk, season to taste with salt and pepper and serve very hot. Serves 6.

NOTE: *Broth may be made by dissolving 2 bouillon cubes in 2 cups boiling water.*

ONION AU GRATIN SOUP

- 2 bunches green onions or
- 3 dry onions, chopped
- 3 tablespoons butter
- 3 cups beef broth
- 2¼ cups Pet Milk
- Dash cayenne
- Salt and pepper
- 3 stale rolls, cut in halves
- 1 cup grated cheese

Saute onions in butter 5 minutes, being careful not to brown them. Add broth, and simmer until onions are tender, then add milk and seasonings. Sprinkle rolls with cheese and set under broiling flame to melt cheese. Place rolls in soup plates, cover with soup and serve at once. Serves 6.

NOTE: *Beef broth may be made by dissolving 3 bouillon cubes in 3 cups boiling water.*

OYSTER STEW

Clean oysters carefully for bits of shell. Put in saucepan with butter and cook gently until edges curl. Add to diluted milk that has been scalded with bay leaf and seasonings. Serve at once. Serves 6.

- 1 pint oysters including any liquid
- 2 tablespoons butter
- 2½ cups Pet Milk diluted with
- 1½ cups water
- Bit of bay leaf
- Salt and pepper

CORN CHOWDER

Cook butter and onion in kettle until onion is yellow. Add potatoes, corn and water. Cook until potatoes are tender. Add milk, salt, paprika and pepper. Cook 3 minutes. Serves 6.

NOTE: *Brown 3 slices bacon, cut in small pieces and add just before serving for a pleasing variation.*

- 2 tablespoons butter
- 1 medium onion, chopped
- 2 cups diced potatoes
- 2 cups canned corn
- 1½ cups water
- 2½ cups Pet Milk
- 1½ teaspoons salt
- Dash paprika
- Dash pepper

CREAM OF TOMATO SOUP No. 1

(for stewed or canned tomatoes)

Cook tomatoes, sugar, pepper, onion, cloves and salt together 15 minutes. Rub through a sieve. Melt butter, add flour and mix well. Add milk slowly and bring to the boiling point, stirring constantly. Add soda to tomatoes and stir until dissolved. Pour the tomato juice into the white sauce, and serve immediately with crisp crackers. Serves 4.

NOTE: *The secret of making Tomato Cream Soup is to remove both tomato mixture and milk from the fire and combine immediately.*

- 3 cups stewed or canned tomatoes
- 2 teaspoons sugar
- ¼ teaspoon pepper
- 2 tablespoons onion, chopped
- 2 whole cloves
- 1½ teaspoons salt
- 1 tablespoon butter
- 1½ tablespoons flour
- 1½ cups Pet Milk
- ¼ teaspoon soda

VEGETABLE CHOWDER

Saute onions and parsley in butter until they begin to brown. Add liquid off celery and carrots and boil hard 5 minutes. Add celery, carrots and peas, also salt and pepper and boil until vegetables are tender. Heat milk, add to vegetables just before serving. Put several tablespoons of bread crumbs in bottom of each serving dish. Cover with hot chowder and serve at once. Serves 8.

- ½ cup onions, diced
- 3 sprigs parsley
- 2 tablespoons butter
- 2 cups liquid off celery
- ½ to 1 cup liquid off carrots
- 1 cup cooked celery
- 1 cup carrots, cooked or canned
- 2 cups peas
- 2 teaspoons salt
- ½ teaspoon pepper
- 2 cups Pet Milk
- 1 to 2 cups whole wheat bread, crumbled

CREAM OF CARROT SOUP

Without browning, cook the onion slowly in butter 5 minutes. Add crumbs, stock, liquid off carrots, salt, pepper and sugar and simmer 20 minutes. Add the carrots and milk. Reheat and serve at once. Serves 6.

NOTE: *Meat stock may be made by dissolving 3 bouillon cubes in 3 cups boiling water. By using chicken or meat stock to dilute the Pet Milk, a delightful flavor is produced which makes carrot soup a new and wholesome delicacy.*

- 1 medium-sized onion, chopped
- 2 tablespoons butter
- ⅓ cup fine bread crumbs
- 3 cups chicken or meat stock
- ½ cup liquid off carrots
- 1 teaspoon salt
- Dash white pepper
- 1 tablespoon sugar
- 2 cups cooked or canned carrots, drained
- 1½ cups Pet Milk

POTATO SOUP

4 good-sized potatoes
3 large slices onion
1½ quarts boiling water
2 teaspoons salt
1½ cups Pet Milk diluted with
1½ cups water drained from cooked potatoes
3 sprigs parsley
Dash cayenne
Dash celery salt

NOTE. *Cooking water from potatoes is used to dilute the Pet Milk. It couldn't be used with bottled milk. This puts more milk solids in the soup.*

Boil the potatoes and onion in the 1½ quarts of water to which salt has been added. When tender, drain, rice and mash. Save the water that is drained from the potatoes. There should be 1½ cups. If not, add water. There should be 3 cups mashed potatoes. Scald the diluted milk in a double boiler with the parsley; add slowly to the hot mashed potato, stirring to keep smooth. Add cayenne and celery salt. Serve at once. Serves 6.

CREAM OF SPINACH SOUP

1 pound spinach
1 pint boiling water
Pinch of soda
½ teaspoon salt
1 small onion, sliced
Leaves from 1 stalk celery
1¾ cups White Sauce

Wash spinach thoroughly and cook for 10 minutes in boiling water to which has been added the baking soda and salt. Drain off the water and to 2 cups of liquid add onion and celery leaves. Boil for 20 minutes and strain. Add White Sauce (page 72). Add ½ cup of cooked spinach chopped fine. Serves 6.

ASPARAGUS SOUP

1 bunch or
18 tips canned asparagus
1 slice medium onion
1 tablespoon parsley, chopped
2 tablespoons butter
4 tablespoons flour
2 teaspoons salt
2¼ cups chicken or meat stock
1¾ cups Pet Milk

NOTE: *Meat stock may be made by dissolving 2 bouillon cubes in 2¼ cups boiling water.*

Remove scales and tough outside portions from lower end of stalks. Wash and cut off the tips about three inches long. Cook stalks, onion and parsley in enough water to cover until almost done. Add tips and finish cooking. This will require 8 or 10 minutes. Remove tips. Press stalks through a sieve. (If canned asparagus is used, press stalks through sieve and reserve tips.) There should be 2⅔ cups of pulp and liquid. If not, add water. In the meantime, prepare a white sauce of the butter, flour, salt, stock and milk. Add pulp and reheat. When ready to serve add asparagus tips. Serves 8.

SALMON BISQUE

1 tablespoon tapioca
1 tablespoon onion, chopped
1 tablespoon butter
1 teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon pepper
1½ cups Pet Milk diluted with
½ cup water or salmon stock
1 cup salmon, flaked
1 tablespoon parsley, chopped

Add tapioca, onion, butter and seasonings to diluted milk and cook in double boiler 15 minutes or until tapioca is clear, stirring frequently. Add salmon and parsley. Heat thoroughly and serve immediately. Serves 6.

NOTE: *Lobster may be substitued for the salmon. A hearty soup that needs only the addition of a salad and light dessert for a well-balanced meal.*

CLAM CHOWDER	Cut bacon in small pieces and fry until light brown. Add onion and cook until yellow; add water and cook until tender. Mix chowder and milk, add bacon and onion and heat slowly to boiling point. Serve immediately. Serves 4.	2 slices bacon 4 tablespoons onion, finely cut 1 cup hot water 1 can clam chowder ⅔ cup Pet Milk
LETTUCE SOUP	Cook onion in butter until yellow. Blend in flour and add water gradually, stirring constantly to prevent lumping. Add bouillon cubes and seasonings. Cook slowly 10 minutes. Add milk and lettuce, bring to the boiling point and serve immediately. Serves 6 NOTE: *Use outside leaves of lettuce. 2 cups beef broth may be substituted for bouillon cubes and water.*	2 tablespoons chopped onion 2 tablespoons butter 2 tablespoons flour 2 cups boiling water 2 bouillon cubes ½ teaspoon salt ⅛ teaspoon pepper 2 cups Pet Milk 1½ cups chopped lettuce
BASIC WHITE SAUCE (for cream soups)	Melt butter in double boiler. Add flour, salt, pepper and paprika. When smooth and bubbling, add diluted milk gradually, stirring constantly to prevent lumping. Cook 15 to 20 minutes. Add grated onion. Makes 1¾ cups.	2 tablespoons butter 2 tablespoons flour ½ teaspoon salt Few grains pepper ¼ teaspoon paprika 1 cup Pet Milk diluted with 1 cup water off vegetable 1 teaspoon grated onion
FOR A VARIETY OF CREAM SOUPS	Put 1 cup of any of these vegetables (cooked or canned) through a ricer or strainer and add to basic white sauce. Heat thoroughly and serve immediately. This amount serves 4. *Cook cauliflower, cabbage, beans, peas, etc., in an open kettle. Use the valuable cooking water off fresh vegetables or the liquid off canned vegetables to dilute the Pet Milk. You put more milk solids in the soup, some of the vegetable solids are saved and you keep the fine flavor that is in the liquid.* *If chicken or meat stock is used to dilute the Pet Milk in cream of spinach, carrot or celery soup a delightful flavor is produced which makes these otherwise bland soups a new and wholesome delicacy.*	Corn Peas Green beans Cabbage Lima beans Onions Potatoes Carrots Mushrooms Cauliflower Tomatoes Spinach Asparagus Sweet potatoes Celery Turnips
CREAM OF TOMATO SOUP No. 2 (Using canned soup as a base)	To the contents of a can of tomato soup, add an equal quantity of Pet Milk. Heat, *but do not* boil, stirring constantly. Add salt and serve immediately. Serves 4.	1 can tomato soup Pet Milk to fill can ½ teaspoon salt
CREAM OF BEAN SOUP	To the contents of a can of bean soup, add an equal quantity of Pet Milk. Heat slowly to the boiling point, stirring constantly. Add onion and salt and serve immediately. Serves 4.	1 can bean soup Pet Milk to fill can 1 tablespoon grated onion ¼ teaspoon salt

VEGETABLES

SOUNDS like exaggeration to say that it's a crime against the rules of good health not to serve creamed vegetables, but it is almost literally true. Vegetables are a very, very important part of our diet. And so often the family has little enthusiasm for them. A prominent cooking authority recently said that the lack of interest in vegetables by fathers and sons is a reflection on our cooking.

That lack of interest can be largely, if not, indeed, wholly overcome by serving creamed vegetables. And that accomplishes two much-needed things gets the vegetables eaten, and, at the same time, puts the additional milk in the diet that all of us need for better health and vigor.

"The writers entertain no doubt as to the desirability of a liberal use of vegetables in the feeding of children, but the vegetables should be used in addition to a liberal allowance of milk and should not be allowed to reduce the amount of milk consumed."

DR. WALTER H. EDDY,
Teachers College, Columbia University, Book entitled "Nutrition"

In creaming your vegetables you want the sauce rich and creamy and you need to preserve all the fine flavor and the valuable vegetable substance—particularly the minerals that are likely to be cooked out in the water. You will accomplish both purposes if you cream your vegetables with Pet Milk.

The Milk Makes the Difference

Because Pet Milk is more than twice as rich as ordinary milk you can add to it an equal amount of the cooking water from the vegetables or the liquid from canned vegetables. Pet Milk, so diluted, is richer in milk substances than the milk you ordinarily buy in bottles and it also contains the valuable vegetable substances that cook out into the cooking water. If you added this water to ordinary milk the sauce would be thin and watery. If you used more flour to thicken the sauce you'd have neither the flavor nor the good food substance that Pet Milk provides.

Vegetables creamed with Pet Milk are the best creamed vegetables that can be made—best in taste—best in health-and-vigor-building food substance. Your family will like to eat them, will be better for having eaten—will welcome the vegetables in the meal.

Basic White Sauce Recipe—*for creaming vegetables*

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
Few grains pepper and paprika
1 cup Pet Milk diluted with
1 cup water off vegetable

Melt butter, blend in flour and seasonings, and when smooth and bubbling, add the diluted milk gradually, stirring constantly to prevent lumping. Cook 15 to 20 minutes. Use double boiler if possible. Makes 1¾ cups of sauce.

In cooking fresh vegetables one-half teaspoon of salt added to the water in which they are cooked gives them much better flavor. When creaming potatoes, carrots, spinach or peas, one teaspoon of onion juice added to the sauce makes it very delicious.

NOTE: *Cook cauliflower, cabbage, Brussels sprouts, beans, peas, etc., in an open kettle. A small amount of vinegar added to water in which red cabbage or beets are cooking a few minutes before they are done will help to retain their brilliant color.*

Use this sauce for creaming—

beans . . . Brussels sprouts . . . cabbage . . . corn . . . celery carrots . . . kohlrabi . . . oyster plant . . . small new potatoes . . . peas . . . parsnips . . . turnips . . . mushrooms . . . onions . . . beets . . . eggplant . . . broccoli . . . cauliflower . . . fresh spinach . . . asparagus

These vegetables may be creamed together—

carrots and peas . . . potatoes and peas . . . carrots and mushrooms . . . green pepper and cabbage . . . Brussels sprouts and beans . . . corn and lima beans . . . cabbage and celery . . . turnips and onions

SCALLOPED CAULIFLOWER & MUSHROOMS

- 1 large head cauliflower
- 2 tablespoons butter
- 1 small onion, finely minced
- 3 tablespoons flour
- 1 cup Pet Milk diluted with
- ¾ cup liquid off mushrooms
- 1 teaspoon salt
- ⅛ teaspoon paprika
- 1 cup canned mushrooms, sliced, or ½ lb. fresh mushrooms, sauted
- ½ cup bread crumbs

Break cauliflower into flowerets. Cook in boiling water until tender. Drain and arrange in greased casserole. Melt butter in saucepan, add onion and cook until tender. Then add flour, stirring constantly. When smooth, add diluted milk gradually. Cook until thickened, then add salt, paprika and mushroom slices. Pour this sauce over cauliflower and sprinkle top with bread crumbs. Bake in a moderate oven (350° F.) about 10 minutes or until crumbs are brown. Serves 8.

EGGPLANT AU GRATIN

- 1 medium-sized eggplant
- ½ cup bread crumbs
- ½ teaspoon salt
- Dash pepper
- ¼ cup grated cheese
- ¼ cup Pet Milk diluted with
- ¼ cup water

NOTE: *For plain baked eggplant—omit cheese and add 2 tablespoons minced onion and 1 teaspoon minced parsley.*

Peel, dice and cook eggplant in salt water until tender. Drain. Place layer of eggplant in bottom of buttered baking dish, using about half, add layer of bread crumbs, seasonings and remainder of eggplant and crumbs. Top with grated cheese and over all pour the diluted milk. Bake in hot oven (400° F.) about 20 minutes. Serves 6.

To bake in shell, scoop out, dice and cook as directed above, reserving shell to fill with mixture for baking.

BEETS IN ORANGE SAUCE

- 1 tablespoon butter
- 1 tablespoon flour
- ¼ cup liquid off beets
- ½ cup orange juice
- 1 teaspoon grated orange rind
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 teaspoon sugar
- ¼ cup Pet Milk
- 2 cups cooked or canned beets, diced

Melt butter, stir in the flour and slowly add the beet liquid. Add orange juice and rind, salt, pepper and sugar. Cook, stirring constantly, until thick and smooth. Scald milk. Remove from fire and add slowly the orange juice mixture, stirring constantly. Add hot beets and serve immediately. Serves 6.

MACARONI LOAF

- 1½ cups uncooked macaroni
- 1 cup grated cheese
- 1 cup soft bread crumbs
- 1 tablespoon parsley
- ½ teaspoon salt
- 1 cup Pet Milk, scalded
- 2 eggs, well-beaten
- 2 pimientos
- 1 tablespoon onion

Cook macaroni in boiling salt water until tender. Drain in colander and rinse with cold water. Mix ingredients in order given. Put in greased pan, place in pan of hot water and bake in moderate oven (350° F.) until firm. Serve with white sauce to which ½ cup mushrooms has been added. Serves 6.

NOTE: *Chop parsley, pimientos and onion before using.*

STUFFED CABBAGE

- 1 medium head cabbage (red or white)
- 1 cup left-over vegetables or meat, chopped fine
- 1 cup bread crumbs
- 1 cup white sauce
- 2 tablespoons minced parsley
- 1 teaspoon thyme or
- 1 clove garlic
- ½ teaspoon salt
- Dash pepper

Wash cabbage carefully and cook until partially tender in salted water. Turn upside down to drain. Mix meat, crumbs, white sauce and seasonings together. Turn back leaves of cabbage carefully and arrange filling between. Tie with string or wrap in cheese cloth and cook slowly with filling side up until tender. Serves 6.

USE PET MILK undiluted instead of the usual egg, *in* your croquettes—then dip them in the undiluted milk, and roll in bread crumbs for frying—there never were such delicious croquettes.

SCALLOPED VEGETABLES—made with Pet Milk require less butter and still they have a superior, rich, cream and butter flavor.

VEGETABLE CROQUETTES

Melt butter in double boiler. Add gradually the flour, salt and pepper that have been mixed with diluted milk to form a smooth, thin paste. Cook until thickened, stirring constantly to prevent lumping. Add vegetables. Cool and shape into croquettes. Roll in cracker meal or fine bread crumbs, then in undiluted Pet Milk and again in crumbs. Fry in deep fat (380° F.) until brown. See Frying Guide, page 10. Makes 6 croquettes.

2 teaspoons butter
2 tablespoons flour
½ teaspoon salt
Few grains pepper
⅓ cup Pet Milk
diluted with
3 tablespoons water
1 teaspoon grated onion
1 cup left-over vegetables, chopped and drained

SCALLOPED CABBAGE

Melt the butter, add flour, salt and pepper and mix well. Add the diluted milk slowly and bring to the boiling point, stirring constantly. Add the cabbage and put into a greased baking dish. Sprinkle the top with bread crumbs. Bake in a moderate oven (350° F.) 20 minutes or until crumbs are brown. Serves 6.

1 tablespoon butter
1 tablespoon flour
½ teaspoon salt
⅛ teaspoon pepper
½ cup Pet Milk
diluted with
½ cup water off cabbage
2½ cups cooked cabbage, chopped
¾ cup soft bread crumbs, buttered

CELERY CUSTARD

Wash and dice celery. Chop onions fine. Cook vegetables in diluted milk until partially tender. Add seasonings and pour over eggs beaten slightly. Turn into greased baking dish or individual molds, place in pan of hot water and bake in a slow oven (325° F.) until firm. Serves 6.

2 cups celery, diced
2 small onions
1 cup Pet Milk
diluted with
1 cup water
1 teaspoon salt
Dash pepper
4 eggs

BAKED BROCCOLI

- 1½ pounds broccoli
- 1 cup Pet Milk diluted with
- 1 cup water off broccoli or meat broth
- 1 tablespoon butter
- 1 tablespoon flour
- 1 teaspoon salt
- Pepper
- ½ cup buttered crumbs
- ¼ cup grated cheese

Soak broccoli, heads down in cold water. Cook, heads up, in boiling salted water in uncovered kettle until tender, about 30 to 45 minutes. Prepare white sauce of diluted milk, butter, flour, salt and pepper. Put broccoli in baking dish, cover with white sauce and sprinkle with crumbs mixed with cheese. Bake in moderate oven (350° F.) until crumbs are brown. Serves 6.

STUFFED GREEN PEPPERS

- 6 green peppers
- 2 cups left-over creamed cabbage, beans, peas, etc.
- ½ cup buttered bread crumbs

Cut off top and remove seeds from green peppers. Drop in boiling water 5 minutes. Drain and fill with left-over creamed vegetables. Cover with crumbs and bake in a moderate oven (350° F.) until crumbs are brown. Serves 6.

STUFFED TOMATOES

NOTE: *Left-over creamed chicken, ham or chipped beef may be used.*

Scoop out 6 tomatoes to form cups. Fill with mixture and proceed as directed above. Serves 6.

SPINACH PUFF

- 1 tablespoon butter, melted
- Salt and pepper
- 1 cup Pet Milk
- 2 cups cooked spinach, chopped
- 2 eggs, separated

Add butter, salt, pepper and milk to spinach. Add well-beaten egg yolks. Fold in stiffly-beaten whites of eggs. Bake in a greased baking dish placed in pan of hot water in moderate oven (350° F.) until firm. Serves 6.

CAULIFLOWER TIMBALES

- 1 medium-sized head cauliflower
- 2 eggs
- ½ cup Pet Milk diluted with
- ½ cup water off cauliflower
- ¼ teaspoon salt
- Dash pepper
- 6 tablespoons grated cheese

Break cauliflower into flowerets and cook in water until tender. Put into individual, greased molds. Beat eggs, add diluted milk, seasonings and cheese. Fill molds with egg mixture, place in pan of hot water and bake in moderate oven (350° F.) about 40 minutes. Turn out and serve with Tomato Cream Sauce (page 56). Serves 6.

ASPARAGUS SOUFFLE

- 2 tablespoons butter
- 4 tablespoons flour
- Salt and pepper
- 1 cup Pet Milk diluted with
- 1 cup liquid off asparagus
- 4 eggs, separated
- 1 can asparagus (or 18 tips)

NOTE: *Serve with Tapioca Cheese Cutlets (page 36) and any green salad for a delightful luncheon combination.*

Melt butter in double boiler. Blend in flour and seasonings and when smooth and bubbling, add diluted milk gradually, stirring constantly to keep smooth. Cook until thickened. Remove from fire, pour over well-beaten egg yolks and cook until custard coats the spoon. When slightly cool, beat egg whites and fold into sauce. Grease casserole, line with asparagus and fill with mixture. Place in pan of hot water and bake in moderate oven (350° F.) 1¼ hours or until firm. Serves 6.

STUFFED CAULIFLOWER

Place whole head of cauliflower in boiling, salted water and cook 20 minutes, or until nearly tender. Remove to a colander to drain and cool so it can be handled. Pour cold water over bread and let stand. Saute onion in butter until yellow and soft. Add ham and stir until heated through. Squeeze bread dry, add ham, seasonings and milk. Mix well. Place cauliflower in greased casserole, stuff dressing between flowerets, packing the rest around the outside. Sprinkle with undiluted Pet Milk and bake in a moderate oven (350° F.) 30 minutes. The cauliflower should be slightly browned. Serves 6.

- 1 head cauliflower
- 1 cup cold water
- 4 slices stale bread
- 1 onion, chopped
- 2 tablespoons butter
- 2 cups baked or fried ham, chopped
- ½ teaspoon celery salt
- Salt and pepper
- ¼ cup Pet Milk

Suggested Dinner

*Tomato Juice Cocktail**
*Stuffed Cauliflower**
*Beets in Orange Sauce**
Water Cress Salad—French Dressing
*Corn Sticks**
*Banana Charlotte Russe**
See index for recipes.

SWEET POTATOES DE LUXE

Bake potatoes until soft, peel, mash and add salt, pepper, milk and butter. Beat until smooth; add pecans broken in pieces; place in greased baking dish, cover top with marshmallows and bake in moderate oven (350° F.) until marshmallows are slightly brown. Serve at once. Serves 6.

- 6 medium-sized sweet potatoes
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- ¼ cup Pet Milk
- 3 tablespoons butter
- ¼ cup shelled pecans
- Marshmallows

CORN PUDDING

Chop the corn. Beat eggs slightly and mix all ingredients together. Pour into a greased pudding dish and bake in a moderate oven (350° F.) until firm. Serves 6.

Note: *For a pleasing variation, add ½ cup chopped walnuts and 2 teaspoons grated onion.*

- 2 cups corn, fresh or canned
- 2 eggs
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons melted shortening
- 2 tablespoons sugar
- ¾ cup Pet Milk

CAULIFLOWER AU GRATIN

Soak the cauliflower in salt water for ½ hour. Drain. Boil in salted water until tender. Mix the flour, salt, paprika and cayenne with a little of the diluted milk to a smooth paste. Add it to the remaining diluted milk and bring slowly to the boiling point, stirring constantly. Separate the cauliflower into pieces and put into a greased baking dish. Pour the sauce over it and sprinkle with the cheese. Bake in a moderate oven (350° F.) 20 minutes. Serves 6.

- 1 head cauliflower
- 2 tablespoons flour
- 1 teaspoon salt
- ⅛ teaspoon paprika
- Few grains cayenne
- ½ cup Pet Milk diluted with
- ½ cup water off cauliflower
- ¾ cup grated cheese

GREEN BEANS AU GRATIN

Melt butter in double boiler. Blend in flour and seasonings and when smooth and bubbling, add diluted milk gradually, stirring constantly to prevent lumping. Put beans into a greased baking dish, pour the sauce over them and sprinkle with cheese. Bake in a moderate oven (350° F.) 20 minutes. Serves 6.

- 2 tablespoons butter
- 2 tablespoons flour
- ½ teaspoon salt
- Few grains pepper and paprika
- 1 cup Pet Milk diluted with
- 1 cup liquid off beans
- 2 cups cooked or canned green beans
- ½ cup grated cheese

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PET MILK
COOK BOOK

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